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UNIVERSITY OF ALBERTA

EMINENT CANADIAN WOMEN'S PERCEPTIONS OF INTUITION

BY

DEBORAH SKARET

A thesis submitted to the Faculty of Graduate Studies and Research in partial fulfillment of the requirements for the degree of DOCTOR OF PHILOSOPHY.

DEPARTMENT OF EDUCATIONAL PSYCHOLOGY

EDMONTON, ALBERTA

FALL, 1993

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ABSTRACT

Intuition is a phenomenon known to some degree by everyone. Within the past decade research findings have suggested that intuition plays an important role in the decision-making of successful professionals. This study investigated 140 eminent Canadian women's perceptions about intuition through an open-ended questionnaire. Questions addressed the women's perceptions of: (a) their experiences of intuition, (b) the role intuition plays in their lives both personally and professionally, and (c) the effect intuition has on their lives. The questions were analyzed qualitatively.

As a group the women described a broad range of intuitive experiences, variation in the role intuition played in their lives, and variation in the effect intuition had on their lives. The women's descriptions suggested that intuition covers a broad range of experiences from frequently reported day-to-day hunches and gut feelings about people to less common experiences of premonitions and infrequently reported experiences of a mystical / spiritual nature. Intuition was most frequently experienced as providing guiding information which was used in some aspect of personal and professional decision-making. Most women who discussed sharing intuition with others reported they were willing to share their use of intuition with selected people. Positive feelings and attitudes about intuition

were reported by most women while only a few reported feelings considered indifferent, ambivalent or skeptical. Comments indicated intuition was perceived as having from little to no effect to considerable effect in the lives of individual women. Most frequently the women's comments suggested intuition had a positive influence or effect on their lives in areas including personal development, personal relations, and professional work. A small group of women made comments which suggested intuition caused negative feelings within the individual or interpersonal problems. Findings were discussed in relation to philosophical and psychological theories of intuition and previous research studies of intuition. Suggestions for further research investigation of intuition were given.

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CHAPTER I

INTRODUCTION

Intuition is a phenomenon about which we all know something, be it through personal experience or the shared experiences of others. Although intuition is a word that has been used in a variety of ways, it has an essence which is agreed upon so that it can be used in day-to-day conversation. Intuition has been used to describe a broad range of experiences which involve a sense of knowing, seemingly obtained without the conscious use of reasoning. These experiences range from an unexplainable "gut" feeling about a situation, knowing what will happen with certainty in the absence of sufficient information, to a mystical or religious experience in which identity goes beyond customary limits.

The use of intuition has been documented throughout history by poets, authors, and philosophers. The important role intuition has played in creative discovery within areas of science has also been recorded (Koestler, 1976; Polayni, 1958; Sperling, 1982). Although intuition has been discussed and theorized about and is known to each of us in varying degrees, it is still a phenomenon which presents

somewhat of a mystery. Its elusive nature, sometimes ineffable qualities, and frequent incompatibility with rational logical thinking have made intuition a difficult phenomenon to study through conventional methods of western science.

To date much research on intuition has distorted its holistic aspect by forcing the phenomenon to fit quantitative research methods. A number of studies have focused upon aspects of intuition which are amenable to experimental measurement and correlated or compared these measures with measures of other constructs. Such studies have added little to the understanding of how intuition is experienced and utilized in daily living. Within the past decade research interest in intuition has increased with some studies examining various aspects of intuition from the perspective of the individual intuiter. These studies have provided knowledge about the nature of the intuitive experience and how intuition is utilized within the lives of individuals. Within the past decade the importance of intuition in the decisions of successful professional individuals has been addressed through research projects (Agor, 1986a, 1986b; Benner & Tanner, 1987; Chinen, Spielvogel, & Farrell, 1985; Emery, 1992; Isenberg, 1984; King, 1989; Pyles & Stern,

1983; Rew, 1986, 1988a, 1988b, 1990; Rew, Agor, Emery & Harper, 1991; Schraeder & Fischer, 1987; Young, 1987). Implications from these studies suggest that intuition may be a useful tool in aiding individuals in becoming more proficient / successful in their chosen livelihood. Research exploring the role intuition plays throughout the lives of successful individuals, including both career and personal life, would considerably aid in the understanding of what role, if any, intuition plays in individual development. Further, it would be helpful to know what effects the individual perceives intuition has had on his / her life, be they positive or negative.

Purpose of the Study

The purpose of the study was to investigate the perceptions held by a group of eminent Canadian women about: (a) their intuitive experiences, (b) the role of intuition in their lives, and (c) the effect intuition has had on their lives. The women responded to an open-ended questionnaire developed by the researcher to determine their perceptions of intuition.

Significance of the Study

Within the last two decades the need for the acknowledgement, awareness, training, and utilization of intuition has been documented by writers from a

variety of disciplines including education (Clark, 1986, 1988; Courtney, Booth, Emerson, Kuzmich, & Sturgess 1988; Noddings & Shore, 1984; Quick, 1981; Rockenstein, 1985; Rosannoff, 1988; Shallcross & Sisk, 1989; Skaret, 1992), psychology (Ferrucci, 1982; Gawain & King, 1986; Goldberg, 1983; Ornstein, 1972; Vaughan, 1979; Vaughan Clark, 1973), nursing (Agan, 1987; Benner & Tanner, 1987; Krieger, 1987; Rew, 1986, 1988a, 1988b, 1989, 1990,; Rew, Agor, Emery & Harper, 1991; Rew & Barrow, 1989; Schraeder & Fischer, 1987; Young, 1987), medicine (Cappon, 1989; Salk, 1983), business (Agor, 1986a, 1986b, 1989; Emery, 1992; Ray & Myers, 1986), science (Capra, 1983; Hayward, 1984), and future forecasting (Loye, 1983; Southern & Domzalski, 1984). The reasons for encouraging this awakening of intuition have ranged from enhancing various aspects of individual development and performance through expanding ways of knowing to increasing awareness and sensitivity of planetary needs.

There appears to be an increasing awareness that intuition is a valuable way of knowing available to all individuals in varying degrees. However, the effects intuition has on various aspects of one's life and the encompassing role it plays in the development of individuals from the perspective of individuals who

utilize their intuitive abilities requires investigation. It is hoped that findings from this study will contribute to a better understanding of the role intuition plays in the lives of a group of women considered successful in their professions and the effect that intuition has had on their lives.

Key Terms

Intuition. Intuition for this study is defined as coming to direct knowing or certainty without the conscious use of reasoning.

Intuitive. Intuitive refers to "knowing or perceiving by intuition; possessing or using intuition" (Babcock Gove, 1976, p. 1187).

Eminent Woman. A woman who has been considered successful through national recognition for her professional accomplishments.

CHAPTER II

LITERATURE REVIEW

The review of the literature presents a limited summary of philosophical and psychological discourse on intuition, as well as a discussion of research investigations of intuition. Emphasis will be given to research studies which have investigated personal experiences of intuition.

Philosophical Viewpoints

Philosophical discussions of intuition are extensive. Consequently, a selection of reviews of western philosophical thought on intuition were examined (Hill, 1981; Noddings & Shore, 1984; Rorty, 1967; Summers, 1976; Westcott, 1968; Wild, 1938). From these reviews, a categorical framework presented by Westcott was selected for discussion as it provides a clear way to understand similarities and differences in western philosophical thought presented predominantly within the last two centuries. Two reviews of philosophical discussion of intuition by a selection of eastern philosophers (Sinha, 1981; Summers, 1976) were examined and a brief summary of eastern philosophy and intuition follows discussion of western philosophical treatment of intuition.

A Contemporary Western Framework

Westcott (1968) summarized a selection of western philosophical viewpoints of intuition into three broad categories: (a) classical intuitionism, (b) contemporary intuitionism, and (c) inferential intuitionism. His framework presents one way to understand similarities and differences in philosophical thought presented predominantly within the last two centuries. A summary of Westcott's framework of western philosophical discussion and examples of philosophers adopting conceptualizations of intuition within each of the three categories follows.

Classical intuitionism. Classical intuitionism has presented intuition as a special way of attaining ultimate knowledge, be it of ultimate reality, truth, or beauty, which cannot be attained by the use of the intellect. The intuitive experience resulting in the attainment of ultimate knowledge is not a common occurrence and may be ineffable. Westcott included the philosophers Spinoza, Bergson and Croce within this category.

Spinoza (1632 - 1677), a rationalist philosopher, believed that intuition was the path to ultimate knowledge of truth, and of God. Spinoza's conception of God was pantheistic, a unified whole, explaining all

things. Intuition for Spinoza provided direct knowledge of the essence of a unique concrete case and was accompanied by a strong feeling of certainty. He believed that reason provided abstract knowledge about a case.

Spinoza did not view intuition and reason as oppositional processes. He contended that knowledge of certain elementary truths was available through intuition without prior knowledge or reason, however knowledge of more complex matters involved intuition following the exhaustive use and at times abandonment of reason. According to Spinoza intuition provided immediate knowledge and recognition of ultimate truth accompanied by a feeling of conviction which satisfies the mind.

Bergson (1859 - 1941), a French philosopher, asserted the existence of an ultimate reality in which everything is unified. He posited three faculties of knowing: (a) instinct, (b) intuition, and (c) intellect. Bergson contended that part of the evolution of humankind involved the intellect's imposing a structure upon ultimate reality which presents that which is unified as separate. According to Bergson this presentation has been essential to day-to-day survival, but has made knowledge of ultimate

reality inaccessible through the intellect. In Bergson's view, intuition, which lies between instinct and intellect, is the faculty through which direct contact with ultimate reality can be attained and comprehended.

Intuition, according to Bergson, is not a random happening, but can be encouraged through efforts to liberate oneself from intellectual constraints. However, preparatory efforts do not guarantee that intuition of ultimate reality will follow. Bergson considered intuition to be primarily a private experience inapplicable to daily living. However, through interaction with the intellect, the experience of intuition, that is of ultimate reality, can be conceptualized and shared with others. In Bergson's view it is only through this interaction between intuition and intellect that the intuitive experience can be of enriching value to both the intuiter and others.

Croce (1866 -1952), an Italian aesthetician, recognized two forms of knowledge, that obtained through the intellect and that obtained through intuition. Croce viewed intuition as the attainment of ultimate beauty, through synthesis of mental impressions of stimuli in nature. Beauty, according to

Croce, is the property of knowing by intuition, not a property of nature. In Bergson's view, intuition is not dependent upon previous knowledge or reason, however reason / intellect acting upon intuitive knowledge leads to conceptual knowledge.

Contemporary intuitionism. Contemporary intuitionism, tempered by the views of positivism and empiricism, presents a more conservative view of what can be known through intuition. Contemporary intuitionists contend, as do classical intuitionists, that intuition is a faculty of knowing which provides immediate apprehension of knowledge neither rational nor empirical in nature. However, contemporary intuitionists contend that intuition does not provide absolute truths, but basic truths or "justifiable beliefs" (Westcott, 1968, p. 17) which are subject to error. Westcott has considered Stocks, Ewing, and Bahm as contemporary intuitionists. Alfred North Whitehead (cited in Johnson, 1983) could also be considered a contemporary intuitionist.

Ewing (1941; cited in Westcott, 1968), Stocks (1939; cited in Westcott, 1968), Bahm (1960), and Whitehead (cited in Johnson, 1983) viewed intuition as the direct apprehension of knowledge. The type of knowledge directly apprehended by intuition varied

between these philosophers. Intuition provided direct apprehension of self-evident basic truths for Stocks; "justifiable beliefs" (Westcott, 1968, p. 17) for Ewing; self, external objects, and external object and self simultaneously for Bahm; and primary factors of nature for Whitehead. These philosophers introduced an awareness of the possibility of error in intuition. Ewing considered that approximate truths provided by intuition were subject to testing and clarification by reason. Whitehead acknowledged that the truth of intuitions is verifiable either through natural scientific means or through the intuitions of competent others, depending upon the nature of intuition. Stocks, Ewing, and Whitehead believed that intuitions were highly dependent upon prior subject knowledge as well as experience. Stocks, Ewing, and Bahm viewed the products of intuition, elemental truths, as the foundation for more complex reasoning processes.

Inferential intuitionism. Inferential intuitionism posits that intuition as a faculty of knowing does not exist and that which is considered intuition is a case of rapid inference. The views of neopositivist Bunge (cited in Westcott, 1968) strongly exemplify this position. Bunge viewed truth as probabilistic, disputing the claim that there is

ultimate truth. He attacked the notion of intuitions and the feeling of certainty which accompanies their presentation, attributing this feeling to a confusion between that which is a rigorous proof and that which is psychological certainty. Bunge contended that rapid inference accounts for the intuitions of the intuitionists and that any knowledge claimed through intuition requires validation through empirical proof.

Eastern Philosophy and Intuition

Over the centuries eastern philosophy has acknowledged the existence and value of intuition as a pathway to spiritual growth. In the tradition of Tibetan Buddhism, Lama Govinda (Summers, 1976) posits the existence of an individual empirical consciousness, which includes consciousness of the five senses and intellectual consciousness, and of a universal consciousness, which may be referred to as religious or mystical through which reality and the oneness of all that exists can be apprehended. Intuition is viewed as a spiritual consciousness which mediates between the individual empirical consciousness and the universal consciousness. It is through intuition that the universal consciousness is experienced.

Sinha (1981) reviewed a number of twentieth century Indian philosophers' conceptualizations of

intuition including Sri Aurobindo, Bhattacharyya, Radhakrishnan, Tagore, Iqbal, and Krishnamurti. These philosophers built their theories upon the metaphysical doctrines of the Vedanta. They concluded that only through intuition can unity with reality be attained. Sri Aurobindo pointed out that "pure" intuition is rarely experienced, as intuition is affected by subjective human experience. Sri Aurobindo considered intuition a higher source of knowledge than of the mind, yet not the highest source of knowledge. He believed that supramental consciousness, providing integral knowledge of integral reality, was superior to intuition. Sri Aurobindo contended that the present level of human development prevents the direct vision of reality even through intuition, but through the evolutionary process humanity will transcend to this higher level of knowledge.

Eastern philosophical viewpoints are similar to the viewpoints expressed by those western philosophers grouped as classical intuitionists, since intuition is viewed as the means to special knowledge, i.e. direct experience of universal consciousness and unity with reality.

Summary of Philosophical Viewpoints

The purpose of this section was to summarize the range of philosophical positions on intuition. The summary of philosophical discourse on intuition is limited by the number of philosophers discussed and by the brevity with which each philosophical position was outlined. The status of intuition has ranged from a special faculty of mind through which ultimate truths, inaccessible through reasoning, could be attained to a form of rapid inference providing hypotheses which must be tested through empirical proof.

Psychological Theories of Intuition

A brief historical review of psychological thought on intuition is presented through a summary of positions posited by a group of selected theoreticians. In most cases the theoretical positions presented correspond to the philosophical categories surveyed earlier. Similar to the philosophical treatments of intuition, theoretical discourses on intuition cover a broad spectrum of what intuition is and what it can do. Intuition has been considered a way to process information unconsciously, a daily happening; to a special way to special knowledge, infrequently experienced, and important to the development of the individual. Discussion will begin with theoretical

positions corresponding to classical and contemporary intuitionism, followed by positions corresponding to inferential intuitionism. Multilevel theories of intuition and discussions of the proposed relationship between intuition and expertise are also presented.

Theories Aligned with Classical and Contemporary Intuitionism

Theoretical positions contending that intuition is a special way of attaining special knowledge which cannot be attained by the intellect are presented by Allport (1971), Assagioli (1976), Gawain (Gawain & King, 1986), Hayward (1984), Jung (1949), and Royce (1973). The positions of Jung, Assagioli, and Gawain align with classical intuitionism, however the theories of Jung and Assagioli also correspond to contemporary intuitionism. Conceptualizations of intuition presented by Hayward, Allport and Royce also display correspondence with the contemporary intuitionism view. A summary of the positions of these theorists on intuition follows.

Jung was the first in the field of psychology to examine intuition at great length. His theory of intuition includes ideas reflective of both classical and contemporary intuitionism. Jung viewed intuition, as well as sensing, thinking, and feeling as basic

psychological functions present in all individuals to varying degrees (Jung, 1949). Jung conceptualized various psychological types as combinations of orientation of individual energy, introverted or extraverted, and the basic psychological functions. According to Jung, individuals develop a dominant function and one or two auxiliary functions.

Jung viewed the functions of intuition and sensation as perceiving information and the functions of thinking and feeling as judging information. Intuition perceives information through unconscious processes, whereas sensation perceives information through the senses of sight, touch, smell, hearing, and taste. Intuition perceives future possibilities and situations as a whole. Through intuition, conclusions may be arrived at without ability to explain how or why the conclusion was made rationally. Although intuition accepts what it perceives as truth, Jung pointed out that knowledge arrived at through intuition is not of certain truth. This point is similar to the contemporary intuitionists.

Jung theorized the existence of three levels of consciousness; the personal conscious, personal unconscious, and the collective unconscious. Intuition

perceives information subconsciously regarding internal states or external objects. Information at the personal and collective unconscious levels is accessible through intuition. Intuitions of the personal unconscious tend to be the residue of the individual's personal history which has been repressed or undeveloped. Intuitions of the collective unconscious are of psychic content which is universal as opposed to individual. Jung considered intuitions of the collective unconscious to be more important than intuitions of the personal unconscious, however intuitions at this level are considered rare within modern society. Jung asserted that the distance between that which is known at a conscious level and knowledge of the collective unconscious increases as the level of civilization of the society in which the individual lives and the degree to which the individual is civilized increases. Therefore, access to the archetypes of the collective unconscious is most difficult in highly civilized persons, however well developed intuition allows for the possibility of receiving this knowledge. Jung considered this well developed intuition as one of the most valuable human gifts.

Assagioli, an Italian psychiatrist who developed psychosynthesis, a system designed to facilitate the individual's natural process towards wholeness, discussed intuition in a similar vein as the classical and contemporary intuitionists. Like Jung, Assagioli considered intuition as a normal psychological function available to all human beings, as a way to apprehend reality in totality (Assagioli, 1976). Attributes of intuition Assagioli recognized include immediate, direct and holistic apprehension. What is apprehended through intuition depends upon whether it is activated at a personal / ordinary level or "superconscious" level (Ferrucci, 1982). Intuition at the personal or ordinary level may reveal another person's present life situation and the implications of this present situation, or may involve the direct understanding of and solution to a problem situation. At the superconscious level, a level of consciousness housing higher level intuitions and inspiration, intuition apprehends a reality usually unimaginable to us in everyday life. The content of intuition at the superconscious level is usually impersonal, may have a spiritual quality, involving the apprehension of natural laws, the interconnectedness of all things, and the oneness of reality. Although Assagioli considered

intuition as a normal psychological function he pointed out that intuition tends to be an unrecognized, unappreciated, repressed and underdeveloped function. He attributed this repression to nonrecognition, devaluation and neglect of intuition as well as the lack of connection between intuition and other psychological functions. Activation of intuition, like other psychological functions, is to be attained through attention and interest in intuition (Assagioli, 1976) and the disciplined use of silencing the mind (Ferrucci, 1982). The importance of utilizing intuition concomitantly with other psychological functions is pointed out by Assagioli. He explicitly addressed the interactive role between intuition and the intellect, describing it as a "a necessary and difficult marriage" (Assagioli, 1976, p.222). Intuition provides the insight of reality. The intellect is used to: (a) interpret the intuitive insight translating it into a mentally comprehensible form, (b) check the validity of the intuition, and (c) integrate the intuitive knowledge into the individual's existing body of knowledge. A harmonious interplay between intuition and intellect can be achieved through a cycle of insights arrived at through intuitions followed by interpretation through the intellect.

Shakti Gawain, a new-age author known for her bestseller Creative Visualization (1982), presented a theory of personal transformation which incorporates ideas reflective of Jung's and Assagioli's theories of personality and Eastern perspectives of philosophy and religion (see discussion of Lama Govinda earlier) (Gawain & King, 1986). Central to Gawain's theory is the assumption that the source of all existence is a universal creative energy or higher power which is accessible to all individuals through intuition. Intuition is the channel through which the creative energy of the universe flows. Gawain posits that through learning to be receptive and follow intuitive knowingness one is able to live in a more harmonious state with others. Gawain attributes major creative developments as a result of individuals acting as creative channels of this universal higher power which is accessed through intuition. Like the classical intuitionists, Gawain considers intuition to be correct at all times. However, she points out that learning to discern what is the voice of intuition from other inner voices (e.g fears / doubts, others' beliefs, old programmed ideas, conscience) requires increased awareness of inner feelings and dialogue, receptivity to intuition, meditation, and encouraging intuition to

manifest itself. An increased sense of aliveness and energy are considered signs that one is following intuition.

Creative results are dependent upon a harmonious relation between male and female energies within the individual. The female energy acts as the receptive aspect of the individual, the door through which creative energies of the higher universal power flows. It is through intuition that the female part of the individual communicates. The male energy is the action component of the individual. The creative energy received by the feminine and communicated through intuition is acted upon and expressed through the masculine. The union of feminine and masculine energies within the individual is required for creative processes. Viewing the individual as a channel connected to a higher universal creative source it is the feminine that receives the universal energy and the masculine which expresses it.

Hayward, a nuclear physicist who has examined the connections between Buddhism, western traditions and science, has addressed intuition. Hayward (1984) describes intuition as a human faculty capable of revealing our unconditioned nature, that part which is ultimate and egoless. He distinguishes between

intuition or intuitive insight and intellect as two distinct aspects of our experience of the moment. "Intuition or intuitive insight is what is immediately felt; it is an esthetic sensing of the whole moment. Intellect conceptualizes, and thinks about this and that" (p. 30). In any experience both intuition and intellect are copresent. Although both are present in any experience there may be exaggeration or imbalance of the two functions. In contemporary western society there tends to be an imbalance between these functions with an overemphasis on intellect. An overemphasis of discriminating and analyzing, that is of functions of the intellect, does not allow individuals to experience life in its fullness and wholeness.

Allport (1971) believed that intuition provided immediate direct knowledge which is essential in understanding personality. Reason and inference are not sufficient alone in understanding the totality of personality. Only through intuition is the observer able to grasp the individuality of the structure of personality. Allport viewed the process of understanding personality as reliant on both inference and intuition. Allport's belief in the importance of intuition in understanding personality can best be heard when he states the consequence when it is

ignored. "Failing to employ intuition the psychologist unduly limits his resources. Without it he starts with analysis and ends with conceptualization; on the way he sacrifices his chance to understand living people." (Allport, 1971, p. 547). Allport's position has similarities with the contemporary intuitionists.

Royce (1973) developed a theory of knowing which posited that intuition was one of three basic types of cognitive processing which act as paths of knowing. His position is in some ways similar to contemporary intuitionists. The three cognitive processes of conceptualizing, symbolizing and intuiting, and perceiving are based on differing epistemological foundations. The underlying epistemologies for the three paths of knowing are: (a) rationalism for conceptualizing, (b) metaphorism for symbolizing and intuiting, and (c) empiricism for perceiving. Royce considered the three cognitive processes as interactive, although individuals may develop a preference for one cognitive process over the others. All three paths of knowledge were considered equally valid, therefore intuition was not given any special status above the processes of perceiving and conceptualizing. Although the three modes of

processing were considered capable of leading to truth they may also lead to error (Hill, 1981).

Theories Aligned with Inferential Intuitionism

Theoretical discussion of intuition within psychology which adopted an inferential intuitionism view was first presented in the late 19th century, soon after psychology had broken away from its parent, philosophy, to establish itself as an independent science studying the mind. This view of intuition as unconscious inference has been popular to the present time. Theoreticians adopting conceptualizations of intuition similar to inferential intuitionism include Agor (1989), Bastick (1982), Bowers, Regehr, Balthazard, and Parker (1990), Helmholtz (in Westcott, 1968), Simonton (1980), and Westcott (1968). Highlights of these theoreticians' views of intuition follows.

Helmholtz was one of the first psychologists to take an inferential intuitionism view. In the late 1800s, Helmholtz contended that intuition was unconscious inference. In this view intuition is perceived as a form of inference in which some of the elements of the inferential process leading to a conclusion are not consciously available to the individual (Westcott, 1968).

Westcott (1968), after reviewing philosophical and psychological conceptualizations of intuition, as well as psychological studies of intuition, formulated an intuitive problem-solving theory of intuition. Westcott built his theory within the intuition-as-inference position (i.e. inferential intuitionism) defining intuition as "reaching a conclusion on the basis of less explicit information than would ordinarily be required" (p. 98). Westcott conducted experimental research utilizing his conceptualization of intuition as inference. This research will be discussed later.

Simonton (1980) developed an information processing model of intuitive thought and explained it in contrast to analytical thought and behavior. Intuition or intuitive processing is described by Simonton as "behavioral adaptations to the environment which tend to be unconscious, ineffable, and essentially probabilistic in character" (p.6). In contrast analytic processes are described as "conscious, capable of being communicated to other human beings, and largely subject to discrete, logico-symbolic mediation" (p.6). Central to Simonton's theory is the assumption that human thought and behavior are associational. Whether a person employs

intuitive or analytic processes is dependent upon the number and strength of associations between cognitive and behavioral events and level of arousal.

Bastick (1982) formulated a theory of intuitive thought embedded in an encompassing theory of creativity. To Bastick intuition is a subset of creativity, that is to say creative individuals are intuitive, but not all intuitive individuals are creative. Bastick's theory makes the assumption that information is emotionally encoded and thoughts and behaviors are decoded versions of this information. The combining of highly redundant emotional sets results in intuitive thought. Bastick's theory suggests that empathy plays a major role in the organization of information by emotional sets. He describes an intuitive individual as more emotionally variable than a nonintuitive individual. Creative individuals are able to shift easily from intuitive thinking to analytical thinking.

Agor (1989), a researcher who has focused on the use of intuition within the business sector, contends that intuition is a "rational brain skill" which can be utilized in the decision-making process. He believes that an individual's intuitive ability can be improved through training and used daily in business and one's

personal life. Intuition is the result of a series of processed cues, both factual and feeling. The degree to which an individual experiences these different cues is partially dependent upon how an individual processes life (and possible past lives) through cultural and personal "filters". Receptivity and openness to potential feeling and factual cues increases potential intuitive ability.

Bowers, Regehr, Balthazard, and Parker (1990) define intuition as "a preliminary perception of coherence (pattern, meaning, structure) that is at first not consciously represented, but which nevertheless guides thought and inquiry toward a hunch or hypothesis about the nature of the coherence in question" (p. 74). Their view incorporates the theoretical positions of Simonton, Bastick, and Westcott. Intuition involves memory and experience. Individuals have different types of information mnemonically encoded depending upon the type and nature of their individual experiences. Intuition at first guides thought unconsciously from an implicit sense of coherence toward coherence which is more explicit and integrated at a conscious level of awareness. The integration stage of intuition is frequently experienced suddenly, similar to an insight experience.

Even though the intuition may seem valid further validation through more objective and analytic means is required. Research investigations testing this theory experimentally are discussed later.

Intuition as a Multilevel Phenomenon

A broad range of experiences are included under the everyday usage of the term intuition. Theories which strictly adhere to an inferential intuitionism, a contemporary intuitionism, or a classical intuitionism position disregard experiences frequently called intuition. The need for theories which adopt a multilevel view of intuition have been expressed. Hague (1988), a psychologist interested in moral development, has attributed increased psychological interest in intuition to a recent acknowledgement of the role of intuition in guiding moral judgments at higher levels of development by Kohlberg, a cognitive developmentalist whose work has significantly impacted the course of moral philosophy. Hague pointed out the importance of adopting a multilevel holistic view of intuition to encompass the range of experiences from a mere hunch, where intuition is basically a response to momentary needs, to the direct grasping of judgments which are the result of the dynamic involvement of the whole person. Hague proposed that Dabrowski's holistic

theory of human development (Dabrowski & Piechowski, 1977) has the potential to treat intuition comprehensively. Central to Dabrowski's theory are the concepts of multilevelness of behavior and development and disintegration preceding high level development.

The theoretical positions of Jung and Assagioli, discussed earlier, also provide a multilevel view of intuition which encompasses everyday intuitions and intuitions less frequently experienced which have a spiritual quality.

Contemporary theorists interested in intuition who have seen a need for a multilevel view of intuition in order to include the broad range of experiences included under the title of intuition include Vaughan and Goldberg. Vaughan, a transpersonal psychologist, who has written an informative book on intuition of interest to individuals interested in intuition from a research perspective as well as an area of personal development (Vaughan, 1979), adopts a four level theory of intuitive experiences. Vaughan considers intuitive experiences to include

> mystical insights into the nature of reality...discovery and invention in science, inspiration in art, creative problem solving, perception of patterns and possibilities, extrasensory perception, clairvoyance, telepathy, precognition, retrocognition, feelings of attraction and aversion, picking up "vibes",

> knowing or perceiving through the body rather than the rational mind, hunches, and premonitions. (p. 57)

Vaughan believes intuition is a psychological function available to all individuals. What is perceived intuitively can be affected by the conscious mind, by desires and fears. Also unacceptance of intuition as a legitimate means to knowledge on a cultural level leads to suppression of intuition. Vaughan classifies intuitive experiences into four distinct levels of awareness: (a) physical, (b) emotional, (c) mental, and (d) spiritual, according to the manner in which intuition is consciously perceived. Intuitive awareness at the physical and emotional levels is most frequently related to intuitions which inspire action, have a psychic quality, or sensitivity to another person's present experience, or an intuitive reaction to a person of like or dislike. Intuition on the mental level is related to problem solving, hypothesis generation and theory formulating. Intuitive awareness at the spiritual level transcends everyday rational ways of knowing. Individuals experiencing spiritual intuition are presented with more than a knowingness of what is, but see possibilities providing potential for transcending duality and personal separateness. A

direct transpersonal experience occurs revealing the underlying oneness of life.

Goldberg (1983), a business and research consultant, who has written an informative book on intuition, like Vaughan has adopted a multi-level theory of intuitive experiences. Unlike Vaughan, Goldberg does not consider extrasensory perception as intuition, with the exception of precognition. Goldberg acknowledges that prevailing western scientific views which have focused upon rational ways of knowing has resulted in intuition's being undervalued and mistrusted. Goldberg proposes six "functional types" of intuitive experiences: (a) intuitive discovery - verifiable facts are revealed intuitively following conscious rational preparation, (b) creative / generative intuition - alternatives, options and possibilities in a situation are generated intuitively following conscious rational thought on a particular problem, (c) intuitive evaluation - intuition evaluates alternatives in a decision-making situation, (d) operative intuition - intuition may be subtle but guides thought or action, (e) predictive intuition - intuition prompts action and is accompanied by an intuitive sense of what will happen, and (f) illumination - transcendence of duality and

experiencing a oneness with reality through mystical / spiritual experience. Illumination, the sixth category in Golberg's theory, is considered to occur infrequently, to transcend the five other categories and to be the highest form of knowing.

The Relationship Between Intuition and Expertise

The relationship between intuition, a well established knowledge base, and expertise in a particular area has been explored. Dreyfus, a philosopher and Dreyfus, a professor of engineering (Dreyfus & Dreyfus, 1986), pointed out the importance of "nonmystical" intuition in expert human judgment in their five-stage model of skill acquisition based on the common pattern of "... the skill acquisition processes of airplane pilots, chess players, automobile drivers, and adult learners of a second language" (p. 20). As a learner moves up the five stages of skill acquisition consisting of novice, advanced beginner, competence, proficiency, and expertise the way judgments are made changes from strictly following rules to a rational decision model to an intuitive judgment style. Compiled experiences in the particular skill form the basis for the differing approaches of the novice to the expert, therefore an individual who employs intuitive judgment is utilizing his / her past

experiences to make decisions. Key aspects of intuitive judgment include pattern recognition, similarity recognition, common sense understanding, skilled know-how, sense of salience and deliberate rationality. The Dreyfuses posit that intuition cannot be broken down into a form of rational processing and cannot be computerized. The results of a research study examining clinical judgment of expert nurses were placed within the Dreyfuses' framework for intuitive judgment (Benner & Tanner, 1987) and are summarized later.

The positions presented by theorists corresponding to the inferential intuitionist view and some contemporary intuitionists (i.e. Whitehead, Stocks, Ewing) suggest that intuitions are dependent upon an established knowledge base and experience. Noddings and Shore (1984), educational philosophers, who have documented a historical review of the conceptualization of intuition since the time of ancient seers, suggest that familiarity with a particular area (having considerable domain specific knowledge) often seems to enhance intuitive activity. However familiarity with knowledge in a particular area does not guarantee intuitive activity. They also posit that the use of

intuition is essential in building familiarity in a specific area.

Summary of Psychological Theories

Similar to philosophical treatment of intuition, theoretical conceptualization of intuition within psychology covers a broad range of what constitutes intuition. Psychological theories which consider intuition as unconscious inference, a way of processing information unconsciously, have been popular. Some theorists consider intuition to be a special means to special knowledge similar to the view of contemporary and classical intuitionists. A need for multilevel theories of intuition has been recognized and addressed by a few contemporary psychologists. A relationship between intuition and experience in a specific area has been posited by some theorists who adopt a perspective similar to that of philosophical inferential intuitionism and contemporary intuitionism.

Research Studies of Intuition

Research studies of intuition will be discussed under the subheadings of: (a) experimental studies of intuition and (b) studies investigating intuition in daily life.

Experimental Studies of Intuition

Until the mid 1980s research studies of intuition primarily focused upon experimental investigation of intuition. Westcott (1968) conducted a comprehensive review of published research relative to intuition and reported less than a dozen empirical studies of intuition over a fifty year period ending in the mid 1960s. The majority of these studies attempted to measure some decision-making behavior considered as intuitive and compare or correlate this with measures of other behaviors or concepts. Behaviors considered intuitive included judging personality characteristics, predicting a word another would choose, solving problems with insufficient time, and arriving at a correct solution without being able to provide an explanation for one's answer. Findings of these studies have added little to the general understanding of intuition or how intuition is experienced and utilized in day-to-day living.

Following his review of psychological studies of intuition Westcott (1968) formulated a definition of intuition which he considered integrated conceptualizations utilized in earlier psychological inquiries. Westcott defined intuition as "reaching a conclusion on the basis of less explicit information

than is ordinarily required to reach that conclusion" (p. 98). He conducted the most extensive research on intuition when conceptualized in this way. Over a period of approximately a decade, between the late 1950s and 1960s, Westcott administered an instrument he developed to operationalize his definition of intuition. Westcott's instrument, which was administered to approximately 1100 university and college students, with the majority being female college students, involved solving problems of a verbal and numerical nature which were considered to not require specialized knowledge. Westcott's subjects differed in the amount of information they required before providing a solution and in degree of success on test problems. Success and amount of information required were found to be independent of each other. Intuitive problem solvers were those subjects who were successful on the basis of less information. Westcott's summarized studies involving his test of intuitive problem solving and a variety of measures of personal characteristics suggested that intuitive thinkers as compared to other groups tended to: (a) have slightly higher mathematical aptitude, (b) be unconventional but comfortable with their lack of conformity, (c) be confident and self-sufficient, (d)

be primarily interested in abstract issues, (e) enjoy taking risks and be more open to challenge and criticism, (f) resist imposed order and control yet display a high level of morality, and (g) provide self-descriptions of "independent, foresighted, confident, and spontaneous" (p. 143). Royce, Coward, Egan, Kessel, and Mos (1978) have considered Westcott's research commendable relative to methodological procedures yet question whether Westcott's problem-solving task involving deprivation of information within a laboratory setting is representative of the use of intuition in real life. As discussed earlier, Westcott's conceptualization of intuition is considered most closely related to the intuition-as-inference, that is, inferential intuitionism, philosophical model.

A number of studies conducted since Westcott's review have compared intuitive and analytical / intellectual styles of thinking in problem-solving (Cosier & Aplin, 1982; Peters, Hammond & Summers, 1974; Simonton, 1975) and making character judgments (Giannini, Barringer, Giannini, & Loiselle, 1984; Giannini, Daood, Giannini, Boniface, & Rhodes, 1978). In these studies the definition of "intuitive" varied, however most definitions stated or implied that "intuitive" referred to arriving at an answer without

consciously using reasoning or analysis. Results of these studies have suggested that: (a) using an intuitive style of thinking can be a personal style or may be used alternatively with an analytical style depending upon the nature of the task, (b) frequent information relative to the accuracy of one's response may inhibit the effectiveness of an intuitive style of thinking in making judgments, and (c) both analytical and intuitive thinking styles have advantages and disadvantages. These findings have contributed to a better understanding of how an intuitive style differs from an analytical / intellectual style of thinking.

Snodgrass (1985) investigated the proposition that woman's development of intuition is due to the subordinate role they have traditionally played in society through experimental research in which women's intuition was referred to as "greater interpersonal sensitivity" (p. 146). A group of university students participated in three activities in dyads: (a) teacher / student situation - considered leader / subordinate activity, (b) competitive block games - no leader / subordinate roles, and (c) cooperative word guessing game - no leader / subordinate roles. Participants rated their impressions of themselves and their partner throughout each activity, as well as their impression

of what they thought their partner's impressions were. Results of the study suggested that regardless of sex, the participant in the subordinate position, in a leader / subordinate situation, was more sensitive to the leader's impression of the subordinate than the leader was of the subordinate's impression of the leader. Interestingly, women's sensitivity to men, in the role of subordinate or leader, was significantly greater than women's sensitivity to women and men's sensitivity to either sex. Men displayed relatively equal sensitivity to both sexes; with only assigned role affecting sensitivity. Snodgrass attributed the role effect in interpersonal sensitivity to a combination of leader expressiveness (leaders are more likely to voice their opinions of the subordinate than vice versa) and subordinate perceptiveness (subordinates need to be more aware of their leaders' feelings and reactions towards them than vice versa). When intuition is equated with a specific aspect of interpersonal sensitivity, that is being sensitive to the impressions one is making on another person, Snodgrass's findings suggest that "'women's intuition' would perhaps more accurately be referred to as 'subordinate's intuition'" (p. 152).

Fallik and Eliot (1985) investigated the relationship between intuition, cognitive style and hemispheric processing in a group of college students. The criterion measure of intuition used in this study was the research instrument designed by Westcott (1968) and discussed earlier in this review of the literature. Measures of cognitive style, and hemispheric dominance were not consistently related to intuitive performance. Findings suggested that the relationship between cognitive style, hemispheric processing and intuitive performance is complicated. Fallik and Eliot later reported additional analysis of their research data which indicated intuitive performance decreased as age increased (1986a) and that college majors differed in their performance on the measure of intuition with physical science majors showing the highest ability followed by behavioral sciences, social sciences, art, education, and humanities majors (1986b). Fallik and Eliot (1985, 1986b) acknowledged that the instrument they used to measure intuition may not be an adequate measure of intuition. Research investigation conducted by Hill (1988) examined different measures of intuition and is pertinent to Fallik and Eliot's acknowledgement.

Hill (1988) attempted to test the inferential intuitionist position, that intuition is a case of

rapid unconscious inference not a separate cognitive mode processing holistically. Undergraduate students (n = 44) were administered: (a) three instruments purporting to measure intuition, (b) measures of factors frequently associated with intuition - originality, self-consciousness, and creativity, and (c) inferential tasks. The research instrument developed by Westcott (1968) represented the intuition as inference position. The Myers-Briggs Type Indicator (MBTI), an instrument based upon Jung's theory of personality types, and the Psycho-Epistemological Profile (PEP), an instrument based upon Royce's theory of knowing, represented intuition as a distinct cognitive mode. Results indicated high correlation between the measures of intuition on the MBTI and PEP, significant correlations of these measures with measures of traits of intuition, but no significant correlation between these measures and the measure representing the intuition as inference position or inferential tasks. The measure representing the intuition as inference position correlated significantly with the inferential tasks, but showed no relationship with measures of traits of intuition. Hill reported that results provide support to the position that intuition is not totally reducible to

inference. Hill acknowledged that although some cognitive processes labelled intuitive may be inferential there are other cognitive processes also labelled intuitive which are not related to inference. Hill's investigation points out limitations of the three instruments used to measure intuition. His findings suggest that the research instrument representing the intuition as inference position measures intuition only when conceptualized as a form of inference and that measures of intuition on the MBTI and the PEP do not measure intuition when it is conceptualized as a form of inference.

A large number of empirical studies addressing judgment under conditions of uncertainty have considered intuition an inferential process and examined the heuristics and biases of intuitive judgments. Discussions of research in this area (in Kahneman, Slovic, & Tversky, 1982) indicate that intuitive judgments are guided by a variety of cognitive heuristics. Reliance on these heuristics sometimes leads to reasonable intuitive judgments, but over-reliance on these heuristics may lead to systematic biases and severe error. Bowers, Regehr, Balthazard, & Parker (1990) state that recent research on judgment under conditions of uncertainty has "raised

general doubts about the value and validity of intuition" and "led to premature pessimism about the role of intuition in human thought and problem solving" (p. 73). Bowers, Regehr, Balthazard, and Parker discuss two major problems with studies in this area. First, experiments were typically designed to take advantage of subjects' ignorance rather than their knowledge and experience. Secondly, subjects were typically required to use intuitive judgments only at the final stage of the problem-solving process.

Bowers, Regehr, Balthazard, and Parker (1990) whose theory of intuition was discussed earlier examined intuition as "informed judgment in the context of discovery" (p. 75). In response to the problems they saw in recent research on judgment under uncertainty the study was designed using tasks which would utilize subject knowledge and competence in generating hunches or solutions. Undergraduate subjects engaged in multiple-item verbal and gestalt closure tasks. The research focused on cognitive processes activated before conscious formulation of a hunch / solution by requesting subjects to make some response when unable to provide a hunch / solution and then evaluating how accurate and close these responses were to the solution. Results indicated that subjects

were able to detect coherence they were unable to identify and be guided by an implicit sense of coherence toward a hunch / solution which was an explicit representation of coherence. Bowers, Regehr, Balthazard, and Parker pointed out that the tasks used in the study differed from inquiry tasks in real life as the tasks emphasized the hypothesis-generating stage of solving a problem and all clues in tasks were relevant to the solution.

The experimental studies reviewed here have contributed to a better understanding of: (a) how an intuitive style differs from an analytical / intellectual style of thinking, (b) how measures of intuitive ability are limited by the conceptualization of intuition upon which they were built, (c) how intuition conceptualized as interpersonal sensitivity may be related to leader / subordinate position, and (d) how intuition when conceptualized as a form of unconscious inference guides the formation of hunches and solutions. However, the nature of the laboratory investigations make any generalizations to the use of intuition in day-to-day situations questionable.

Studies Investigating Intuition in Daily Life

Most research investigation of intuition reported before the mid 1980s was of an experimental nature.

Reports of two studies investigating the experience and use of intuition in real life situations prior to 1980 were reviewed. In the past decade there has been an increase in research studies investigating how intuition is experienced and used by various people in day-to-day situations. The majority of these studies have involved professional men and women. These studies have employed both qualitative and quantitative methods. Review of studies investigating intuition in real life situations will be discussed under subheadings of: (a) the nature of intuitive experiences and (b) the role of intuition in individual lives.

The nature of intuitive experiences. Summers (1976) phenomenologically analyzed the written accounts of the intuitive experiences of 56 students (gender not specified) enrolled in a university extension course exploring intuition. Analysis of the written accounts revealed that the intuitive experience was not a unitary phenomenon, but encompassed a range of experiences. However, analysis revealed certain themes and qualities most frequently present in the written experiences. Based upon these themes Summers offered the following definition: "An intuitive experience is a spontaneous, unexpected, intensely clear inner

awareness, which occurs without the aid of intellectual reasoning, and is experienced as 'right' or fitting to the person" (p. 191). Data analysis also indicated that individuals became aware of intuition through various ways categorized as internal or external mediums. Internal mediums included images, dreams, daydreams, feelings and bodily sensations, thoughts, and formless or "spiritual" mediums. External mediums included another person, specific objects or places. Summer's analysis of the written accounts showed that intuition was experienced over three different states of consciousness: (a) waking, conscious state; (b) dream state, including hypnogogic state, day dreaming, and dreams while sleeping; and (c) spiritual state, ranging from experiences of extrasensory perception to states where identity goes beyond the usual boundaries and a sense of oneness with the universe is experienced (transpersonal state). Generally, intuition was experienced while the intuiter was alone in a familiar place immediately following a period of physical or mental activity unrelated to the content of the intuition. The content of the intuition was most frequently concerned with a close friend or relative. The findings of this study contribute to an understanding of the nature of the intuitive

experience. However, Summer's procedure of asking participants to relate one intuitive experience may have led to participants reporting their most profound experience. Although this would still provide very valuable information relative to the nature of intuitive experiences, it may have reduced the range of experiences considered intuitive.

A study which has contributed to the understanding of how intuition is experienced and utilized by successful professionals was conducted by Chinen, Spielvogel, and Farrell (1985). The researchers interviewed 32 experienced Jungian and Freudian psychoanalysts and senior business executives (men and women) from major corporations about their intuitive experiences. Intuition was defined for the participants as "a sense of knowing something but being unable to explain it at the moment" (p. 187). The majority of interviewees reported that intuition was personally important and was used in their professional lives. However, hesitancy to share individual use of intuition with others was common. A variety of experiences falling under the umbrella of intuition were reported, although individuals were fairly consistent in the types of intuitive experiences they reported. Descriptions of intuitive experiences were

categorized according to the medium and depth of the experience. The most frequent medium reported was verbal insights, followed by images, feelings, and physical sensations. Qualitative analysis of the data revealed that the depth of intuitive experiences varied, with intuition most frequently occurring at a level attributed to unconscious reasoning. Deeper types of intuitive experiences involving temporary dissolvement of ego-boundaries and a special kind of synchronicity were also revealed. Some of the reported intuitive experiences were considered parapsychological. Women more frequently reported deeper intuitions than men. Individual reports suggested that as one became older: (a) trust in intuition increased, (b) frequency of experiences increased, and (c) intuitions occurred at a deeper level.

The role of intuition in individual lives. Berne (1949) studied his own experiences of clinical intuition, at the end of World War II, while working as a psychiatrist at an army separation unit. Based upon self observation of clinical intuition Berne defined intuition as "knowledge based on experience and acquired through sensory contact with the subject, without the 'intuiter' being able to formulate to

himself or others exactly how he came to his conclusions" (p. 205). Berne found his clinical intuitions were more reliable in some situations than judgments made using a procedure which could be verbalized. He also reported that intuitive accuracy decreased significantly when he was experiencing emotional upset or fatigue. From his self observations Berne concluded that intuition was a useful function which should be cultivated. Berne's self study revealed how intuition may be experienced and utilized in clinical practice.

In a study exploring women's ways of knowing Belenky, Clinchy, Goldberger, and Tarule (1986) interviewed 135 women who were either attending an academic institution or seeking parenting advice from a family agency. Analysis of taped and transcribed interviews resulted in the categorization of women's perspectives on knowing into five different ways. Approximately half of the women interviewed were categorized as predominantly "subjective knowers". Most women within this category perceived of truth as subjective and personal, an intuitive reaction. The women's stories suggested that discovery of their inner source of strength came through greater awareness of their intuition. Women who had just discovered their

intuitive way of knowing expressed difficulty identifying their knowledge source and articulating the process. Subjective knowers commonly held intuitive knowledge as superior to the authoritative knowledge of experts. Women categorized as "constructive knowers" also utilized intuition, integrating it with objective rational ways of knowing. Constructive knowers, more than women in other categories, were concerned about their spiritual and moral development and relevant issues of today's society. The results of this study help point out the importance of intuition as a way of knowing for women and the role intuition may play in self-discovery.

Courtney, Booth, Emerson, Kuzmich, and Sturgess (1988) interviewed and observed the classroom instruction of 25 elementary arts teachers who conducted "highly active" arts programs to investigate their practical knowledge. Analysis of transcribed interviews and field notes indicated intuition was a component of the teachers' practical knowledge. Intuition affected choice of teaching procedure by guiding selection of themes taught, timing of processes, flexibility and reflection, and awareness of the concept of multiple realities. This study contributes to the recognition that intuition is used

by individuals considered successful in their area of specialty.

In the past decade the greatest interest in research exploration of intuition has emerged within the nursing profession. Nurse researchers have addressed the role of intuition in nursing practice (Agan, 1987; Benner & Tanner, 1987; Miller & Rew, 1989; Pyles & Stern, 1983; Rew, 1986, 1988a, 1988b, 1989, 1990; Rew, Agor, Emery, & Harper, 1991; Rew & Barrow, 1987; Schraeder & Fischer, 1987). Findings from these studies contribute to the recognition that intuition is used by professionals and specifically plays a role in the nursing process of some expert nurses and nurses with less experience.

Benner and Tanner (1987) investigated the nature and role of intuition in the clinical judgment of 21 expert nurses through a series of interviews and on-the-job observation. Intuition was defined as "understanding without a rationale" (p. 23). Analysis of interviews and observations revealed six key aspects of intuitive judgment: (a) pattern recognition, (b) similarity recognition, (c) common sense understanding, (d) skilled know-how, (d) sense of salience, and (f) deliberate rationality. These aspects were posited by Dreyfus and Dreyfus (1986) in a theory of stages of

skill acquisition from novice to expert. In addition Benner and Tanner found that a recurrent theme from the expert nurses was that intuition was devalued by others.

Schraeder and Fischer (1987) investigated the use of intuition by 15 nurses with a range of experience in caring for critically ill newborns. Intuition was defined as "the sudden, inexplicable feeling that something is wrong, even if medical tests cannot confirm the patient's altered state" (p. 47). Analysis of interviews and field notes resulted in a major emergent theme of intuition being used in clinical judgment and to initiate nursing action when patient deterioration was anticipated. Analysis also revealed four factors involved in nurses' use of intuition: (a) utilizing experiential knowledge, (b) feeling related to the infant, (c) perceiving subtle individual infant changes, and (d) linking perceptions of the present situation with past experiences which anticipates the infant's future and leads to nursing action. Schraeder and Fischer reported that acting upon intuition involved risk for the nurses as calling a doctor's attention to an infant because of intuitive knowledge may result in an unreceptive or demeaning response from

the doctor. This finding is similar to that of Benner and Tanner (1987).

In a research study exploring the place of intuition in nursing Young (1987) interviewed 41 nurses. Based on the analysis of 75 intuitive experiences reported by the nurses Young found that intuition functioned as a process and a product when nursing judgments are made. As a process, intuition provided information through cues, feelings, and recall of past experiences which were integrated into the present situation. As a product, intuition provided a conclusion which was known or resulted in action or perhaps both. Where it was possible to determine the validity of judgments in the intuitive incidents most (92%) proved correct. Young warns that this validity finding does not suggest that intuition is always correct or that decisions made intuitively are more valid than those based on objective data. She points out that the participants may have most easily remembered intuitive experiences where the intuition was correct or assumed the researcher wanted an experience where intuition was correct. Factors that were found to facilitate intuition included: (a) patient contact, (b) a receptive attitude, (c) clinical experience, (d) personal energy, and (e) self-

confidence. Three nurses identified as "unusually intuitive" displayed an openness toward others, acceptance of nontraditional treatment modalities, and unusual effort in recalling intuitive experiences. Young concluded that nursing judgment involves not only deliberate thinking but also intuition.

Rew (1988b) conducted interviews with 37 nurses exploring their experiences of intuition in clinical practice. Findings from analysis of transcriptions of the audiotaped interviews indicated that the nurses' experiences of intuition provided guiding information which was used at different stages of the nursing process. Time, situation, and setting in which the nurses experienced intuition varied, as did emotions associated with the intuitive experience, and activities engaged in before the experience occurred. The findings from this study point out the variability in how intuition is experienced, reacted to and utilized by nurses in clinical practice.

In a study exploring how 56 nurses experienced intuition during the nursing process Rew (1988a) analyzed interview data and found that nurses acknowledged intuition as a component in decision-making and action taking in clinical practice. Utilizing a framework of types of intuition developed

by Loye (1983) Rew found that nurses most frequently reported intuitive experiences which could be classified as cognitive inference and gestalt intuition. Experiences classified as precognitive were reported less frequently. Nurses reported using intuition in the nursing process, however intuition was not always used and was not used during all steps of the nursing process. Most of the nurses reported experiencing intuition during assessment and intervention. Nurses reacted to intuitive experiences affectively (i.e. feel afraid), cognitively (i.e. plan) and behaviorally (i.e. take some action). Actions taken as a result of intuitive experiences included gathering further data, validating intuitions through discussion with others, reporting intuitive findings through documentation or informing a physician, and making a specific patient intervention.

A major research interest in intuition within the last decade has come from the business community. In a study of the thought processes utilized by 12 senior business executives of successful companies, Isenberg (1984) gathered information through interviews, observations, exercises, and discussion with colleagues and subordinates. Isenberg found that the senior managers used intuition in a minimum of five distinct

ways: (a) problem finding, (b) rapid processing of well learned knowledge, (c) synthesizing information into an integrated picture, (d) checking rational analysis, and (e) solution generation and selection. Although Isenberg never stated what categorized a thought process as intuitive, the examples he cited under the five ways intuition was utilized included having a sense something needed to be attended to, acting almost instinctively without thinking, integration of information resulting in an "aha" experience, and responding to a "gut" feeling. Isenberg's findings indicate the role intuition can play in the professional life of a successful business executive.

Agor (1986b) conducted a series of studies, beginning in the early 1980s, investigating the intuitive ability of over 3000 American managers within the public and private sector in business, government, military, and health organizations. The criterion measure of intuitive ability consisted of selected items of the Myers-Briggs Type Indicator Intuition Scale, an instrument based upon Jung's theory of personality types. The intuition scale of this instrument is designed to measure preference for relying upon perceiving information through intuition

(by way of the unconscious) (Briggs Myers & McCaulley, 1986). Results showed a statistically significant difference between the mean scale scores of managers within the categories of management level, sex, occupation, and ethnic background. Upper level managers in both public and private sectors scored higher on the intuition scale than lower level managers. Women scored significantly higher than men. Asians scored higher than Whites and Blacks.

Agor (1986a) conducted a follow-up study of executives who scored in the top 10% of the intuition scale administered in the studies mentioned above. Agor investigated how and to what extent these executives used intuition in the managerial context through a questionnaire comprised of open-ended and multiple-choice questions administered by mail or personal interview. Agor's analysis of 70 responses resulted in the following findings. As a group the executives stated that intuition was not to be relied on exclusively, as it was one of many tools used in making decisions. Intuition seemed to function best under conditions involving: (a) high risk, (b) little precedent, (c) less scientifically predictable variables, (d) limited and / or unclear facts, (e) analytical data which was not useful, (f) several

plausible solutions, and (g) limited time and demand for correct decisions. Intuitively guided decisions were described as arriving suddenly accompanied by feelings of euphoria, excitement, commitment, and harmony. Executives stated that failing to follow intuition had led to faulty decisions. Intuition played a role in decision making in ways similar to those reported by Isenberg (1984). Nearly half of the executives indicated they tended to keep their use of intuition a secret. Agor's reports of accumulated findings from his studies have helped make the business community aware that a number of individuals in upper level management value and utilize intuition. However, it is questionable whether all the claims that have been made as a result of these studies, relative to intuitive ability and upper level management being "more intuitive" than lower level management, are valid based solely upon the selected criterion measure.

Emery (1992) conducted a two-part study which explored thoughts on intuition and intuitive experiences of top level business executives from industrial, manufacturing firms and service companies across the United States. In part one of the study 70 male executives were surveyed through a questionnaire. Survey findings were explored further through

unstructured personal interviews with 64 top level executives (59 men, 5 women), some of whom were survey respondents. Emery reported several interesting findings. Sixty-eight percent of survey respondents defined intuition in a way which Emery described as "nonlogical". Other respondents defined intuition in a way that was categorized as "logical" or a "synthesis of the non-logical and logical" (p. 6) explanations. The majority of survey respondents reported using intuition in their decision-making with only one percent responding that they "seldom" or "never" used intuition. Ninety percent of survey respondents reported their intuition was "often" correct and nearly three quarters of the executives rated themselves as "moderately" or "very" intuitive. The executives reported using intuition most frequently when making decisions in areas where there was the greatest human factor such as public relations, human resources, ethical decisions, marketing and product innovation. Executives reported that they were less likely to utilize intuition in decision-making in areas where hard data was the primary factor such as acquisitions, financial decisions, research and development, and technological advances. Sixty-five percent of the executives reported that intuition had impacted their

career in a "significant" way. Analysis of executive responses to the survey and interview resulted in the proposal of elements which contribute to individual use of intuition and to a corporate environment which is receptive to using intuitive input from employees. Three elements affecting executive use of intuition were identified as opportunity to use intuition in making decisions, correctness of decisions made using intuition, and self ratings of intuitive abilities. Fundamental elements for creating a corporate environment which recognizes and encourages intuitive ideas include freedom to utilize intuition, sharing intuitive thoughts, and responsiveness to employees' intuitive ideas. Emery's research findings provide important information about the recognition, utilization, and importance attributed to intuition in decision-making by top level executives, as well as factors contributing to its acceptance within a corporate environment and enhancing individual executive's use of intuition.

Summary of Research Studies

Research studies which investigated intuition experimentally as well as how it is experienced in day-to-day life were reviewed. Until the mid 1980s experimental research predominated scientific

investigation of intuition. The majority of studies focused on measuring some decision-making behavior considered intuitive and comparing this measure to measures of other behaviors. These studies have contributed to a better understanding of: (a) differences in thinking styles, (b) how measures of intuitive ability are limited by the conceptual framework upon which they are constructed, (c) how intuition conceptualized as interpersonal sensitivity may be related to leader / subordinate position, and (d) how intuition when conceptualized as a form of unconscious inference guides formation of hunches and solutions. The nature of these laboratory studies of intuition make generalizations to the use of intuition in day-to-day life questionable. Since the mid 1980s a number of research studies investigating how intuition is experienced and used in day-to-day professional situations have been reported. These studies suggest: (a) intuition is not a unitary phenomenon but is experienced in a variety of ways with a common factor of a rational explanation for what is known through intuition not being immediately apparent, (b) intuition may develop over the course of one's life, (c) use of intuition is most commonly not shared with others, and

(d) intuition may play a role in the careers of successful professional and business executives.

Summary of Literature Review

The review of the literature has presented philosophical viewpoints and psychological theories of intuition, as well as research investigation of intuition in experimental situations and in day-to-day life situations. Philosophical views of intuition have varied with intuition considered as a special way of attaining ultimate knowledge as well as a mere case of rapid inference. Psychological theories have been presented which consider intuition as a way of perceiving reality through unconscious processes, as a way of processing information, and as a multilevel phenomenon spanning a broad range of experiences where knowing is arrived at without the conscious use of reasoning.

The review of research investigations of intuition suggests that: (a) although a number of experimental studies exploring certain aspects of intuition have been conducted their findings do not appear relevant to the experience and use of intuition in daily life; (b) studies collecting data about personal experiences of intuition are most relevant to understanding how intuition is experienced and utilized in day-to-day

living; (c) intuition is experienced in a variety of ways, although common throughout most experiences is that a rational explanation for what is known as a result of the experience is not immediately apparent; (d) intuition may develop over the course of one's life; (e) the use of intuition is most frequently not discussed with others; and (f) intuition may play a role in the careers of successful professionals and business executives.

The need for the acknowledgement, awareness, training, and utilization of intuition has been reported across disciplines. This need in conjunction with research suggesting that intuition may play a role in the lives of successful professionals suggests that further research is warranted. Specifically the role intuition plays in the lives of successful individuals and the effects intuition has on these lives requires further investigation. The present study addresses this area.

CHAPTER III

METHOD AND PROCEDURES

The formulation of the research questions and the methodology chosen involved a developmental process. The idea of exploring some aspect of intuition and its role in the development of successful individuals came to the researcher approximately six years ago. Initially, only knowing intuition through personal experience the researcher attempted to validate her experiences through discussions with others who displayed interest. The process of dialoguing with others about intuition in their lives, how it had changed over the years, how they felt about intuition, and their perceptions of how others felt about it began approximately two years before the study was conducted and has continued through the writing of the dissertation.

Collecting information through dialoguing with others, reading a variety of sources, and conducting pilot studies led to the formulation of the research questions and selection of methodology.

Research Questions

This study addresses three questions:

1. What are the perceptions held by a group of eminent Canadian women about their experiences of intuition?
2. What are the perceptions held by a group of eminent Canadian women about the role intuition plays in their lives?
3. What are the perceptions held by a group of eminent Canadian women about the effect intuition has had on their lives?

Methodology

The choice of methodology in a research project is guided by the research questions. As the research questions addressed in this study focus on the respondent's experiences and perceptions the descriptive qualitative method was chosen.

As a researcher enters qualitative research it is preferred that as few preconceived ideas as possible be brought to the project and those that are should be stated a priori (Field & Morse, 1985). No formal hypotheses are formulated at the onset of the research project but hypotheses to be tested unfold as data are collected and analyzed. Miles and Huberman (1984) have suggested that acknowledgement of a conceptual framework can help orient the collection of data so that "everything" does not become of interest. This

framework is not meant to be restrictive but a flexible guide.

The conceptual framework for this study is provided through statement of the research questions, the purpose, and explicated assumptions. The research questions have been stated and the conceptual background has been provided partly through the literature review. Assumptions held by the researcher contributed to the conceptual framework as well. These assumptions are:

1. Intuition is a way of knowing available to individuals in varying degrees.
2. Intuition is experienced by individuals in different ways.
3. Intuition is utilized in different ways and to varying degrees by different individuals.
4. Intuition affects the lives of those who experience it in various ways.

Participants

A group of 415 eminent Canadian women (see definition of eminent woman) were selected as possible participants for this study. These women participated in an earlier study of eminent women, conducted by C. Yewchuk (personal communication, April 9, 1988), and indicated a willingness to take part in further study.

The women were invited to participate in the study through a cover letter accompanying the questionnaire designed to investigate the research questions (Appendix A). One hundred forty women (33.7% of those invited to participate) responded to the questionnaire. Not all participants responded to every item on the questionnaire. The specific number of women responding to each item on the questionnaire is presented prior to discussion of individual items in chapters reporting findings in relation to the three research questions. The perceptions presented by these women may not be representative of all women invited to participate in the study therefore findings reported are not generalizable to women who chose not to participate.

Women who responded to the questionnaire ranged in age from 29 to 88 years of age. The average age was 49.12 years. Fifty percent of the women ranged in age from 37 to 49 years of age.

Highest formal educational level was reported by 139 respondents and is listed in Table 1. One hundred twenty-one of the one hundred forty respondents had completed a university degree.

Table 1

Highest Educational Level of Participants

	n
Incomplete High School	1
High School Graduate	5
Post Secondary Training not culminating in a university degree	12
Bachelor Degree	45
Master Degree	39
Doctorate Degree	37

The professions in which the women were employed at the time of the study are listed in Table 2.

Table 2

Professions of Participants

	n
Businesswoman: including executive, manager, consultant, board member	72
Professor	27
Lawyer	11
Writer/Journalist	7
Scientist	7
Counsellor: including psychologist, social worker, sociologist	7
Artist	6
Others: archivist, actuary, audiologist, social activist	7
Retired	3

* Four participants reported working in two of the above areas.

Instrument

An open-ended questionnaire (Appendix B) designed to investigate the women's perceptions of experiences

of intuition, the role intuition plays in their lives, and the effects intuition has had on their lives was developed by the researcher. This questionnaire underwent three revisions and three pilot administrations. A total of 20 women participated in the pilot administrations. Information relative to the format of the questionnaire and any difficulties with questions was solicited from pilot participants. This information aided in making revisions of the questionnaire. Unfortunately an error in the final typing of the questionnaire was not detected until after the questionnaires were mailed. The error was in the wording on a question addressing the role intuition plays in an individual's professional life. The possible ramifications of this error are considered in the discussion of the limitations of the study in Chapter Seven.

The researcher believes the questionnaire has face validity as the questions address respondents' perceptions of their intuitive experiences, the role intuition has played in their lives, and the effect intuition has played in their lives. As individuals themselves reported, it is presumed that they provided valid reports of their perceptions of the phenomenon under question.

Responses to the questionnaire were analyzed qualitatively by the researcher. Deterrents to internal reliability were reduced through: (a) the use of low incident descriptors, that is verbatim accounts of responses, to substantiate categorical analysis; and (b) peer examination of data to see that categories and themes identified within questions could be identified by an impartial researcher. These techniques have been reported as means to reducing deterrents to internal reliability (Field & Morse, 1985; LeCompte and Goetz, 1982).

A selection of analyzed data from eight of twelve questions was used for peer examination. Two peers, a psychologist and a business woman, examined different questions to see if they could identify themes described by the researcher. This process was very helpful in clarifying themes and identifying strengths and weaknesses of the analysis. The peers were asked to read data selections and code map for themes described. The peer's coding was compared to the researcher's and discrepancies were discussed which helped clarify themes. A total of 103 themes were examined. Coding agreement between the researcher and peer examiners ranged from 92% to 100% agreement on data selections of from 25 to 68 cases on different

questions. On two questions where the peer coding was significantly different than the researcher's for a major theme, the theme was re-examined and broadened to encompass a more global theme. Data from these questions was recoded for the broadened theme. The alterations were explained to the peer and her changes in code mapping using the new codes resulted in a high level of agreement.

External reliability was increased through a description of the methods utilized in data analysis. For each question the data analysis process involved establishing an initial set of themes which was coded, reevaluated, changed or refined until the researcher felt the themes described the content clearly.

Data Collection

The research questions were investigated through use of the open-ended questionnaire developed by the investigator. The questionnaire, a cover letter and a self-addressed stamped return envelope were mailed to 415 eminent Canadian women in January 1989. The cover letter explained the nature of the research and invited participation (Appendix A). A questionnaire for a research project conducted by a master's student, a cover letter inviting participation in both studies and guaranteeing anonymity, as well as questions designed

by this researcher to be analyzed separately from this study were included in the mailing of materials for this project. No follow up on unreturned questionnaires was made.

Data Analysis

The data analysis process is outlined in Figure 1 and discussion of the process follows. As mail questionnaires were returned responses to each question were typed using Word Perfect 4.1, a word processing package. The Word Perfect documents were converted into a form manipulatable by The Ethnograph Version 3.0, a computer program designed to assist in the mechanical aspects of qualitative data analysis. Individual files representing each participant's responses for all questions (referred to as respondent files), as well the responses to individual questions by all participants (referred to as question files) were created. These files were printed in Ethnograph format of short lines with each line numbered. Demographic data was recorded at the top of the printout of respondent files.

Respondent files were read a number of times to get a feel for how each woman responded to the questionnaire as a whole. The individual questions guided the analysis. Each question file was read and

Figure 1

Data Analysis Process

DATA ENTRY

1. Enter responses to questions into computer:
   a) respondent by respondent
   b) question by question
2. Convert typed responses into form manipulatable by Ethnograph 3.0
3. Create respondent and question files
4. Make hard copies of respondent and question files

READING FILES

5. Read respondent files
6. Select a focus question
7. Read focus question file

IDENTIFY THEMES

8. Record emergent themes/patterns on hard copy of question file
9. Re-read respondent files checking for responses to other questions which may address focus question
10. Record emergent themes/patterns on hard copy of respondent files
11. Identify group of themes which describe range of content addressing focus question
12. Code map files - enter codes into Ethnograph files for questions where considerable amount of data

Figure 1 continued

CATEGORIZE THEMES

*13. Sort and group coded data thematically - manually and/or using Ethnograph

*14. Read and re-read theme groupings

*15. Merge themes where possible

*16. Identify subthemes under major themes

* Question to be asked repeatedly from stages 13 to 16: Do themes cover content adequately? If the answer is yes continue to the next stage. If the answer is no return to level 7 - read question file.

RELATE THEMES TO RESEARCH QUESTIONS

17. Count incidence of themes and/or respondents comments exemplifying themes

18. Themes of individual questions considered in relation to three primary research questions

emergent themes and patterns were recorded in the side margins of the printed format. Respondent files were reread to check for responses made to other questions which also addressed the question being analyzed. These responses were included in determining emergent themes. Once a group of themes were identified which described the range of content within a question the

printed file was code mapped. Code mapping is a procedure where segments of the file are bracketed and labelled according to themes explicated. For questions where there were considerable data the codes were entered into the computer so that the Ethnograph sorted and grouped codes. Sorting and grouping of coded data for questions with less data were done manually as there was no time advantage in entering codes on the computer. Once data were sorted according to themes, the researcher read and reread theme groupings, merged themes where possible and identified subthemes under major themes. Once the researcher felt the themes covered the content of the question a quantitative component of counting the occurrences of the themes was conducted.

Themes identified in analysis of individual questions on the questionnaire were considered in relation to the three primary research questions. Discussion of the themes is presented in Chapters Four through Six.

Finally, the research findings were considered in relation to previous research, philosophical and psychological treatment of intuition discussed in the Review of the Literature. Chapter Seven includes discussion of how findings from this study relate to

reviewed research, philosophical and psychological treatment of intuition.

CHAPTER IV

EXPERIENCES OF INTUITION

This chapter discusses themes which relate to the first of the three research questions. The first research question was: What are the perceptions held by a group of eminent Canadian women about their experiences of intuition? This question was explored through a number of questions on the questionnaire soliciting descriptions of intuitive experiences, reflections on the nature of intuitive experiences and how the experience of intuition has changed over one's life. A list of these questions is presented in Table 3. Discussion of each question will be presented in the order the questions are listed in Table 3.

Two points relative to reporting of the findings are stated here to help avoid confusion when reading this chapter. First, for some questions a total number of women responding to the question may be reported, as well as the number of women whose comments represented certain themes emerging from the responses to the question. The total of all the women's comments reflecting all themes under a question may not be the same total as the number of women responding to a question as some comments may have been coded under

Table 3

Questions Exploring Experience of Intuition

Number in Questionnaire	
1	Reflect upon your experiences of intuition. Describe an intuitive experience which has special significance to you. (Include where and when the experience occurred, who was with you, and how you felt and responded to the experience.)
2	Knowing arrived at through intuition has been described as manifesting itself in a variety of ways; for example one may experience bodily sensation, emotional feelings, mental images, ideas/though forms, mystical/spiritual experiences. Please describe with detail how you have experienced intuition coming into your conscious awareness.
5	When you receive information through intuition how do you know it is reliable? How often is the information you receive through intuition reliable? (e.g., always, 50% of the time)
7	Reflect upon your experiences of intuition over the years. In what ways have your experiences of intuition and your responses to these experiences changed over time? (use ages and periods of life in your description)
8	What, over your life so far, has helped you develop your awareness and utilization of intuition?

more than one theme. Second, some quotations are repeated under different questions and different thematic headings under a specific question. Quotations are referenced using two numbers, such as 42-1. The first number represents the respondent and the second number represents the question number as it corresponds to the questionnaire (see Appendix B). The code 42-1 following a quotation would mean the quotation was taken from the response provided by respondent 42 in question 1.

Specific Intuitive Experiences

Intuition is a term which covers a broad range of experiences of coming to direct knowing or certainty without the conscious use of reasoning. To explore the nature of the women's specific intuitive experiences one question requested a description of a personal intuitive experience of special significance to the individual. One hundred twenty-four women responded to the question, however only 61 women provided a description of a specific experience. Thirty-nine women expressed in a general way how they had experienced intuition, 12 reported they had not experienced intuition and 12 reported that they were not able to report a specific experience. Specific intuitive experiences reported in other parts of the

questionnaire were included in the analysis of this question. In total specific intuitive experiences of 68 women were analyzed.

It appeared that most respondents used the definition of intuition provided in the questionnaire as a flexible guide. Some women (n = 8) expressed problems using or agreeing with the definition. Responses suggested that individual women had personal understanding of what intuition was for them, something different than logical thinking although not always "a direct knowing or certainty without the conscious use of reason". What constituted an intuitive experience for one woman may not have been considered intuitive by another. All responses describing experiences perceived as intuitive were accepted as such, as the purpose of the study, regardless of a stated definition, was to investigate the individual's perceptions of her intuitive experiences.

The specific intuitive experiences of the 68 women were read repeatedly and themes emerged which could be grouped under subheadings of process, content, and context themes. A summary of these themes is listed in Table 4, 5, and 6. Discussion of themes follows the tables.

Table 4

Process Themes from Specific Intuitive Experiences

	n
Process Themes	
previous information gathering	7
shift in sensation	25
sudden or immediate awareness	21
depth or intensity of experience	20
catalyst for action	30

Table 5

Content Themes from Specific Intuitive Experiences

Content Themes	n
guiding information	51*
descriptive/insight information	49*
self	47
family or friend	34
present focus	47
future focus	30
past focus	4
insight into others and relationships	24
work-related	10
career path	12
death	8
something is wrong	4
spiritual knowing	4

* Combined total of guiding information and descriptive/insight information is 64.

Table 6

Context Themes from Specific Intuitive Experiences

	n
Context Themes	
alone	6
with others	29
having a dream or just waking	16

The Experience - Process Themes

Themes emerged related to the process of the intuitive experience. These themes included previous information gathering, shift in sensation, sudden or immediate awareness, depth or intensity of experience, and catalyst for action.

Previous information gathering. Specific experiences reported by seven women indicated that intuition was preceded by gathering information, related in some way to the content of the intuition, either purposely or incidentally. The reflections of a university instructor upon her intuitive experiences, which included knowing precisely when to plant a garden

for success and investing money at peak times, illustrates the theme of gathering information before experiencing intuition:

> I plan constantly and gather information at the same time. Some of it is not directly related to anything I am involved in at the moment but I store it away in case of need ... Perhaps this constant monitoring is what controls the feeling that NOW is the time to carry out a certain action. It is particularly noticeable with my hobby-gardening. One knows that the planting must be done in the spring but there is a fairly wide range of time over which it can be done, maybe three weeks. Suddenly I will get the feeling that today is the day - regardless of whatever else is underway. For several years, right after the first row is in, a light rain will begin, just excellent for the starting. This is without any reference to a weather forecast. (45-1)

Two women who indicated gathering information before the intuitive experience, also indicated that the information was reflected upon and then left alone before intuition entered awareness. This parallels the insight process which involves information gathering, reflection, and incubation prior to insight. The comments of a corporate executive's reflection upon her "intuitive sense" that things would go well for her in a job show the reflection and incubation which took place. "I just mulled over a lot of information, stepped back from the decision for a while and waited for things to become clear. When the decision came to me, I just felt it was clear and correct" (127-1).

Shift in sensation. Some intuitive experiences involved a shift in sensation, that is a felt change on some level (n = 25). This shift seemed to create a greater impact and sense of conviction about the intuitive message. The most frequent shift was a change of emotion. A lawyer's experience of knowing intuitively that her father died seemed confirmed by her emotional response. "I knew my dad was dead, at almost the minute he died - 100-200 miles away. I began crying uncontrollably, driving a mountain road. I knew he was dead" (27-1). The reported experience of another woman, employed as a writer, suggested a shift in orientation to her body and a shift having a physical quality. "SATORI - a moment when I heard myself say I would go into law (had not consciously thought of this before) and had the feeling of the parts inside me falling into place like a tumbler lock" (66-1).

Five of the women reported shifts of perception from what one usually experiences. These shifts included feeling outside of oneself in some way, "I was there and not yet there" (20-1), "to my surprise I heard myself saying (almost as if someone else was saying it)" (129-1), and experiencing time slowing (97-

1). A business executive reported an experience in which her perception of time changed:

> My sister and I had just gotten out of a cab in front of her suburban apartment complex. As we approached the walkway, time seemed to slow, we looked at one another, and before either of us could speak, we knew something was about to happen. We were right. From the shadows, a young man came up behind us, grabbed my sister's purse, and ran. (97-1)

Sudden or immediate awareness. In the experiences of 21 women intuition entered awareness in a sudden or immediate way. The comments of two women illustrate this theme. "I was introduced to a coworker four years ago and (instinctively) immediately knew that something would go wrong between us" (56-1). Another woman reported how intuition issuing a warning suddenly entered her awareness:

> I was visiting my father and wife; they had to go out to pick up their neighbor at the train. As soon as they asked me I had a feeling of dread - not to go, I knew something would happen. I said I didn't feel well and would wait at home. They left at 5:30, at 6:30 I knew something had happened. At 8 p.m. the phone rang, I answered "Yes, dad". They were at the hospital; had been rear-ended and had whiplash. Car was totalled. (53-1)

Depth or intensity of experience. The intuitive experiences of twenty women had a sense of depth or intensity, an awareness that was penetrating or in some instances even profound. Comments which exemplify this theme include: "I just had I guess intuition and a deep

feeling that I should not explain fully" (48-1). "I had a strong feeling that this would be a good time to ask him to consider my own credential for advancement" (17-1). "I felt profound respect for a higher being" (29-1). One woman who experienced an intuitive warning that her child was drowning commented:

> It was negative and dramatic. My two-year-old daughter left with someone to tend to the side of our pool. I was in the house, the sitter was called away for 15 seconds or so by another emergency. I "saw" my daughter sinking in the pool, ran out and, sure enough, what I had "seen" was taking place. (94-1)

Catalyst for action. Experiences were reported in which intuition was the catalyst for action (n = 30). Intuition led some women to take action in areas such as career change, health issues, business transactions, gardening, personal relationships, and life threatening situations. In some cases intuition compelled the woman to immediate action (n = 14). In these cases the message was clear as to what was happening or needed to be done. The urgency of immediate action which intuition can compel is shown in the earlier account of the woman "seeing" her child drowning and also in another woman's report of an experience regarding her husband:

> Recently my husband was in the coronary care unit for tests. When I left the hospital he was fine. At five a.m. I woke up and called the hospital in

> a panic because I knew something was wrong. I was told he was critical so I went right to the hospital. I was able to help to stabilize him. (26-1)

The Experience - Content Themes

Reports of specific intuitive experiences indicated that intuition provided information which ranged from the vague (e.g. feeling that something is about to happen) to the specific (e.g. knowing a person is drowning) and extraordinary (e.g. recognizing oneself as a conduit for healing power from a higher source). A number of themes emerged relative to the content of the intuitive experience, that is, what the message, knowing or awareness was about. In the broadest sense the content of the experiences provided guiding information and/ or descriptive / insight information, or spiritual knowing. Most frequently the content of the experiences provided guiding information and / or descriptive / insight information (n = 64). In some cases it was clear as to whether the content of the experience was providing guidance or descriptive / insight information or both, but frequently it was difficult to determine, therefore the combined total is considered most accurate.

Guiding information. The knowing or information which intuition provided was frequently of a guiding or

directive nature (n = 51). Intuition provided guiding information for decision-making in a variety of situations ranging from gardening to major business transactions, as well as guidance in interpersonal relations with close relatives to professional acquaintances. Examples of the type of guiding information / knowing intuition provided would include examples discussed under the process theme catalyst for action. A professor reported an experience where intuition directed her to act repeatedly despite rational thinking and others suggesting no need to act:

> I came home on a Friday night after chaperoning a student dance and felt it was extremely urgent to call my parents who lived a few miles away. It was close to 1 a.m. and I decided not to disturb them in case it was a false alarm. At 3 a.m. I was still unable to sleep and I was sure my father had had a heart attack. I called the hospital to inquire and was told there had been no hospital admissions. I was alone in my own apartment, unable to sleep and unable to call anyone at that hour, unable to concentrate on reading or watching television so I got in the car and drove to my parents' home. As I passed the hospital, an ambulance had just pulled in and I followed it into the emergency entrance - my father was admitted to Intensive Care with a myocardial infarction. (21-1)

Descriptive or insight information. Intuition frequently provided information which was basically descriptive in nature or provided insight into a person's character or a situation (n = 49). Examples ranged from knowing that one's luggage would be lost

(71-1) to knowing a religious ceremony was a symbol for something never revealed before (24-1). A university professor reported the following:

> The most striking case of intuition I have ever had occurred during a communion service.... For some years I had been going through periods of devout religious faith followed by periods of uncertainty and questioning. At this service, when the rector began to call for all to participate in the breaking of bread and partaking of wine, I had this intuitive experience when I realized that the central symbol of Christianity was a celebration of cannibalism. At that moment it was like a tremendous weight had fallen off my shoulders.... Later on as I explored religious thought, I discovered writers who had made the same connection, but their insight did not have the impact of my intuitive experience. (24-1)

Spiritual knowing. Four women reported incidents in which they experienced an awareness of a higher power or spiritual presence. These experiences included a childhood experience of God's presence, experiencing oneself as a channel for healing energy from a higher power, having a near death experience, and seeing someone's spiritual presence. One woman related an experience of significance to her from childhood:

> Spiritual experiences while seeking my God as a young person - age 7 - I felt and sensed that God was one with me. I was alone. It increased my faith and trust in God, my creator. (2-1)

A lawyer reported the following experience:

> I was at a hospital with an old friend. Her 16 year old daughter was in a coma and the staff had

> just removed the life support system. We went to the chapel to talk (we are not religious). Just as she said to me "Sometimes I feel such peace", I saw her daughter standing before her touching her forehead. (26-7)

Content subthemes. Subthemes emerged from experiences where the content provided guiding information and / or descriptive / insight information. These subthemes included self, family or friend, present and future focus, insight into others and relationships, work-related, career path, death, and something is wrong. A description of each subtheme and examples illustrating some of the subthemes are given.

Subtheme: Self, family or friend. Most specific experiences reported involved intuitive knowing about self or self-related interests (n = 47) and / or people considered close, such as friends and relatives (n = 34).

Subtheme: Present and future focus. Most experiences involved becoming aware of information which pertained to present (n = 47) and future (n = 30) situations, while information regarding the past (n = 4) was less frequent. Intuitive experiences which were present-focused are discussed through other content themes. Future-focused experiences provided information regarding self (n = 17) and/ or others (n = 16). Experiences which provided future information

regarding self involved specific job and career direction, knowing the end result will be okay in a difficult or dangerous situation, sensing things will go wrong in a particular situation, foreseeing what will occur in a relationship with another person, and specific information regarding a future course of action. When the information was about another person's future it was most often about a friend or relative and could be perceived as negative. The experiences related to others included premonitions of death of a friend or relative, sensing that something would go wrong, foreseeing an accident, foreseeing a specific positive or neutral thing happen, and predicting how a person will work out in a job.

Only four intuitive experiences were reported in which the content was related to the past. Experiences included dreaming of how one's pets had died, becoming intuitively aware of someone's past experience, dreaming of a deceased person's concern and recalling a past life. An artist briefly described an experience of significance to her where the information intuition provided over a 15 year period was related to a time distant in the past.

> Complete recall of 16th century woman's life - later found to be accurate when research data was acquired... [how the intuition came to awareness]

> 1. a name, 2. knowledge of another life (in fragments), 3. speaking in phrases (Archaic Italian) without "knowing" language, 4. on visiting specific sites, "knowing" what occurred. (59-1,2)

Subtheme: Insight into others and relationships.

A theme which emerged from specific experiences reported by 24 women was intuition providing insight into others and relationships. This theme encompassed intuition providing insight into a person's character and motives, the nature of one's relationship with a person (present and future focused), and recognition of a person not yet well acquainted with as a significant person (e.g. soulmate, husband). Sometimes the insight provided guidance on how to interact with a person.

Most frequently insight into others was related to love relationships (n = 20). Experiences were reported in which intuition played a role in the union or dissolution of a love relationship through the insight it provided regarding the significant other or the nature of the relationship. Intuition urged some relationships along by providing a sense of recognition of a person as "the" lover or partner. Examples include intuition providing an "electrical current" between two would-be lovers (55-1) and evoking "a deep sense of having met a soulmate" (114-1). Intuition provided information which suggested present or

potential difficulties in some relationships. One woman's intuition persisted despite her ignoring its message:

> After just one month of dating a man I really cared a lot about - I developed the "gut" feeling he wasn't right for me for certain reasons that were a little unclear even though we got along and everything on the surface seemed fine. I struggled against this same gut feeling for one and a quarter years and when we finally parted it was because of the exact reasons I had felt in month one. I felt that I should learn to listen to my intuition more closely and not "wish" it away. (128-1)

A specific work-related experience suggested intuition provided a form of character judgment by prompting a particular way to respond to a person:

> Some years ago there was a colleague whom I liked and got on really well with. . . . However, there was a situation where I just had a gut feeling that I could not tell him everything. . . It was hard to rationalize my reasoning then but later proved a correct and wise course of action (he betrayed me later). (48-1)

Subtheme: Work-related. Ten women reported specific experiences in which intuition provided valuable information on the job. Intuition provided insight into others and helped guide problem finding, problem solving and decision-making. A sales manager reported how intuition made her aware of more than what an applicant's resume indicated:

> My first hire - an Assistant Product Manager. Resume looked good but my intuition during interview gave me different signals. I hired him

> anyway. It turned out to be a bad decision. (32-1)

A consultant to a large federal corporation reported an experience in which her intuition guided her into taking action to block transfer of a Canadian company to foreign ownership (92-1).

Subtheme: Career path. The specific experiences of twelve women displayed a theme related to the individual's career path. Experiences were shared where intuition played a role in choice of career, as well as specific job positions, through bringing the possible career to awareness in a convincing way or providing a sense that things would work out in a particular job. A business woman reported an experience where the idea of entering business as a career came to her unexpectedly at a family dinner and led to her exploring the possibility:

> ...my uncle, who was sitting beside me asked what I was doing after graduation. I immediately responded that I didn't know for sure, but something to do with business. I felt surprised . . . because I had only been considering graduate school . . to learn to be a high school teacher. When school started . . . I went to the placement office the first day back and signed up for interviews with every company I could and then spent time reviewing the material in the placement library. After my review, I was most interested in retailing for a career. Through my campus interview, I was hired as (a management trainee of a national retail store). (62-1)

An executive director described how a "feeling of knowing" guided her to and through an interview which ended in her present job position:

> (I) knew instantly that I could have the position if I chose to apply, even though my work experience and qualifications weren't exactly what they had requested. I went through three interviews with from two to twelve people and retained the same feeling of knowing what to say ahead of time and being sure that I was the right candidate for the position. (34-1)

Subtheme: Death. A theme related to death emerged. Eight women reported specific intuitive experiences related to the death of a relative, close friend, or pet. Two women, both away from their parent at the time of the intuition, "knew" that their parent had died at or very near the time of death. One woman reported her intuitive awareness that her father died:

> I knew my dad was dead, at almost the minute he died - 100 - 200 miles away. I began crying uncontrollably, driving a mountain road. I knew he was dead. It was a profound experience. He'd had a slight heart attack - but was not in any danger. After my premonition I called the hospital from a roadside telephone. They told me he was fine and resting comfortably. I said no - he is dead. Please don't tell me that. They went to check and came back in some shock to confirm what I had just told them. He had just died. (27-1)

Five women became intuitively aware of the forthcoming death of a close friend or relative from within hours to a year and a half before the death occurred. One woman's reflection on her experience of

a dream revealing the death of her cats illuminates how certain the information seemed although it was never verified:

> I'd been searching for my two cats for three weeks and I dreamt I knew what happened to them. They'd been killed by a neighbor's dog. This dream was never verified as to revealing the truth, however, the sensation of truth, visually and mentally was very, very powerful and has never left me. (98-1)

Subtheme: Something is wrong. A theme of sensing something is wrong without conscious reason to support such a sense was found in the specific experiences of ten women. This theme focused on the present time and for most women pertained to the awareness that a relative was hurt or ill, needed to be with the woman, or was in immediate danger. One woman's experience illustrates how a clear intuition of what was wrong for her child resulted in the child's rescue from a near fatal experience:

> My two year old daughter left with someone to tend to the side of our pool. I was in the house, the sitter was called away for 15 seconds or so by another emergency. I "saw" my daughter sinking in the pool, ran out and, sure enough, what I had "seen" was taking place. I pulled her out but she would have drowned if I had not run out back. (94-1)

A few women (n = 3) described experiences in which they sensed something was wrong for themselves. One woman reported how "intuition or common sense" led her

to refuse a doctor's recommendation which if followed may have had a very detrimental effect:

> I have always trusted my own intuition. It was respected by my parents. At age 12, I was diagnosed as poor posture causing spinal curvature. An eminent specialist in ... said I would have to wear a full steel brace. I refused. I was always a compliant and obedient child. My parents and family doctor in ... never tried to dissuade me. Instead - two months later - sent me for another opinion - to another doctor. He diagnosed polio - and a year in bed with hot foment treatments. Had I had the steel brace, I would have been crippled for life. Intuition or common sense? (27-1)

The Experience - Context Themes

Most of the reports of specific experiences provided limited information relative to the context of the experience. Forty women provided descriptions which specified whether the woman was alone, with others, and / or having a dream or just waking when the experience occurred. Most of these women (n = 29) were with at least one other person at the time the intuitive experience occurred. Nineteen women experienced intuition which was related to the people they were with. Six women were alone at the time of the intuitive experience. Six women experienced their intuition during a dream or just upon waking.

Summary of Themes in Specific Experiences of Intuition

Thematic analysis of specific intuitive experiences reported by the women resulted in themes

related to process, content and context. Themes related to the process of intuitive experiences included previous information gathering, shift in sensation, sudden or immediate awareness, depth or intensity of experience, and catalyst for action. Not all process themes were evident in each experience reported. Quantitative analysis indicated that of the five process themes four of the themes including shift in sensation, sudden or immediate awareness, depth or intensity of experience, and catalyst for action were most frequently found in the descriptions of specific intuitive experiences.

The content of the intuitive experience ranged from vague to specific to extraordinary and included guiding and / or descriptive information or spiritual knowing. Content coded guiding and / or descriptive information were most frequently reported, while only a few specific experiences where the content of the intuition was coded spiritual knowing were reported. Several subthemes falling under the content themes of guiding and / or descriptive information were found. These included self, family or friend, present and future focus, insight into others and relationships, work-related, career path, death, and something is wrong.

Information related to the context of the specific intuitive experiences was limited. The only context themes related to whether the woman was alone, with others and / or having a dream or just waking. Over half of the women providing information related to the context of their intuitive experience reported they were with at least one other person at the time of the intuitive experience.

Levels of Intuitive Awareness

Intuitive experiences can be grouped according to different levels of conscious awareness of intuition (Vaughan, 1979). Four levels of intuitive awareness discussed by Vaughan include: physical, emotional, mental and spiritual. Intuition at the physical level is brought to conscious awareness through bodily sensation. At the emotional level intuitive awareness is through feelings. Intuitive awareness through ideas, thought forms or mental images is considered at the mental level. Intuitive awareness at the spiritual level is associated with mystical / spiritual experiences, in which there may be a holistic perception of the nature of reality, a direct experience of the oneness of all life. A summary outlining the four levels of intuitive awareness discussed by Vaughan was presented in the questionnaire

and followed by request for a detailed description of how the women had experienced intuition entering their conscious awareness.

Responses to this question, as well as comments made in response to other questions which were pertinent to this question, resulted in comments from 104 women of how intuition came into conscious awareness. Over half of the women who commented on how intuition came into their awareness reported intuition had come into their awareness in two or more of the ways mentioned in the question. Most frequently women reported intuition coming into their awareness at a mental level (n = 65) that is through ideas / thought forms or mental images, or emotional level (n = 64) that is, through emotional feelings or a "feeling" sense of something. Thirty-one women reported intuition coming into their awareness at a physical level, ie. bodily sensations. Seven women reported intuition coming into awareness through mystical / spiritual experiences. Women who reported they had experienced intuition coming into conscious awareness in two or more of these ways most frequently reported experiencing intuition coming into awareness at the emotional and mental levels (n = 33). The comments of three women suggested they had experienced intuition

entering their awareness at each of the four levels.

Intuition at the Mental Level

Sixty-five women reported they had experienced intuition entering awareness at a mental level. Comments which suggested awareness at a mental level included those reflecting becoming aware of intuition through ideas / thought forms (n = 51), mental images (n = 28) and dreams (n = 8). Examples of comments reflecting awareness of intuition at the mental level follow. A business executive commented, "solutions to problems just pop into my head after the problem's been there a while" (71-2). An author reported "ideas for columns, sentences, and business ideas pop into my consciousness, particularly when I'm playing music and driving" (94-2).

A consultant who reported she usually experienced intuition coming into her awareness in thought forms and ideas commented on the variety of ways intuition had come to her awareness at the mental level, "I sometimes hear an 'internal voice', 'see' a color - a 'vision' e.g. a hand caressing a subject's head but most often I just know" (14-1). Two other women reported hearing an inner voice. An art gallery director commented, "I hear a clear thought like a voice" (93-2). A lawyer reported she experienced

intuition coming into her awareness as "a 'voice' from within" (95-2).

A lawyer who experienced intuition entering her awareness at mental, emotional and physical levels commented on intuitive awareness through dreams (mental level). "If it is a dream - it is not like other dreams - I have a different awareness" (26-5). Eight women reported intuition coming to their awareness through dreams.

Intuition at the Emotional Level

Intuition entering awareness at an emotional level, that is through feelings was reported by 64 women. Comments reflecting awareness at the emotional level included those that reported emotional feelings which preceded an intuitive thought form and experiencing "felt-thought", that is a "felt-sense" of something. Examples of comments considered to reflect awareness of intuition at the emotional level follow. A university professor who used intuition to guide her interpretation of musical manuscripts reported, "I find that it [intuition] comes in various manifestations. Most commonly I seem to find it in emotional feelings that give me a sense of recognition that that is right" (24-5). A business women commented, "My intuition comes as an awareness of a strong feeling or conviction

of the way something is" (62-5). An art director who considered intuition a constant part of her daily life reported, "I rarely bother to take note of a 'conscious awareness' of intuition. Occasionally I am struck by the joyful appropriateness of a solution to a problem" (73-2). A social work administrator reported, "It is often the emotional element I am first aware of, followed quickly by the thought" (115-2). A professor who experienced intuition coming into awareness through mental images, dreams and a "sense" of danger (grouped with emotional feeling) commented, "Intuition is difficult to discuss in a concrete way because it is as the poets describe it - 'felt-thought'" (133-2,10). A professor reported intuition coming into her awareness as a "'knowing/feeling' that a student needs an intervention, that it is my mother on the phone not a friend, that someone could use something I have or know that my husband, mother or husband is upset (at long distance)" (84-2).

Intuition at the Physical Level

Becoming aware of intuition through bodily sensations, at the physical level, was reported by 31 women. Over half of the women whose comments indicated intuition coming into awareness on a physical level (n = 17) reported the bodily sensation was related to the

stomach. Comments included "gut feeling", "gut reaction" (95-10) and feeling "queasy" (53-2). A manager reported intuition coming into her awareness through a "body sensation - eg. when interviewing potential staff, the only 2 mistakes I made in hiring were accompanied by an uneasy feeling in my stomach" (70-2).

Other comments reflecting intuition coming into awareness on a physical level included the following. A writer reported, "It is for me a visceral sensation. Like a discomfort, ache or blow or warmth in my chest or abdomen. Definitely physical" (7-10). A lawyer reported awareness of intuition at a physical and mental level. "Body sensation - shivers - as a result of recognition of the intuition - idea placing itself in my mind - a 'voice' from within" (95-2). Another lawyer reported awareness of intuition at mental, emotional and physical levels:

> Sometimes dreams. Sometimes I seem to sense another's emotions, long-distance. Once I felt I was floating over the countryside. Once I felt touching before it happened. Once I saw a spirit very clearly just after the person died (moments later). (26-2)

A writer's comment suggested intuition entered her awareness through physical sensations and mental

images. At the physical level intuition presented through different sensations:

> If it is a premonition of danger or emotional information, there are olfactory sensations - roses, musky scents. If the intuition relates to a decision that has to be made, there are only physical sensations, high respiration rate, palpitations, etc. If they relate to sensing emotions in another person ('seeing behind the mask'), there are metaphorical images that arise in thought. (136-2)

Intuition at the Spiritual Level. Intuition entering awareness at a spiritual level, through mystical / spiritual experiences (n = 7) were less frequently reported than intuition entering awareness at the physical, emotional and mental levels. A historian reported an experience which could be considered intuition at the spiritual level. "Near death episode during a severe acute illness. ... I felt profound respect for a higher being - we are all the same when it comes to judgment - I am not afraid of death - I am not afraid to explore and experience life - life is transitory" (29-1).

A college professor reported experiencing intuition at the spiritual level, as well as at the physical, mental and emotional levels:

> I feel a prickling in my scalp sometimes; mental images have come while asleep, but not dream-like, they are too vivid and real; spiritual experiences - I feel this type of awareness daily; especially while meditating.... [describing an intuitive

> experience] I "knew" it wasn't going to be safe and felt uneasy. (140-2,1)

Summary of the Ways Intuition Enters Conscious Awareness

The respondents' comments indicated that intuition was most frequently experienced as entering conscious awareness at a mental and emotional level, with fewer women experiencing intuition entering conscious awareness at a physical level. Intuition entering awareness through mystical / spiritual experiences was reported, although only by a few women.

Reliability of Intuitive Information

Over the years philosophers and psychologists have debated over whether intuition provides reliable information. Investigation of how individuals determine whether information they receive intuitively is reliable and how often they consider intuitive information reliable may provide some understanding of how individuals deal with the intuition / reliability issue debated by philosophers and psychologists. The women were asked, "When you receive information through intuition how do you know it is reliable? How often is the information you receive through intuition reliable?" One hundred five women responded to the

questions addressing reliability of intuition. Each question will be discussed separately.

Determining Reliability

Thirty-eight women reported how they knew intuitive information was reliable. Twelve women reported that they did not know information received through intuition was reliable. Themes which emerged from the responses of the thirty-eight women who reported how they knew intuitive information was reliable included: inexplicable knowing or special recognition (n = 18), validate information through other sources (n = 11), knowing intuition is reliable through past experiences (n = 7), and future events validate intuitive information (n = 8). Comments reflecting each theme are presented.

Inexplicable knowing or special recognition. The comments of eighteen women suggested that they knew intuition was reliable through an inexplicable knowing or special recognition. Comments included having "a deep inner certainty" (14-5), feeling "certain I am right" (17-5), "just know my intuition is reliable" (97-5), "a feeling of recognition" (115-5) and having "a different awareness" (26-5). A public affairs consultant who reported intuition had a "tremendous influence" in her personal and professional life

especially in areas involving interpersonal relationships commented, "I just know it [intuition] is reliable. It is a solid, clear, pure feeling without fuzzy edges. It is not a foggy notion. It is always reliable for me." (40-5).

An agrologist whose intuition provided presentiments of the future reported she knew intuitive information was reliable "by the intensity. If a feeling of unease, 50% reliable. If dread, 100%. Or, if I see a 'flash' of what will happen 100%" (53-5). The comments of an artist and an investment dealer also reflect intensity of feeling as a sign of the reliability of intuitive information. An artist whose intuition provided direction in her artistic endeavors commented, "I feel it [intuition is] reliable if my whole fibre becomes really excited and consider that important and a sign to go for it" (67-5). An investment dealer whose intuition guided major life decisions and was used in dealing with people reported, "The information [intuitive information] can be usually very reliable if it is accompanied by a strong feeling about it" (134-5).

A social work administrator who reported she used intuition to guide some major life decisions and

professional administrative decisions commented on reliability of intuition:

> I never question my intuition when I get it, as I have few ways to check its reliability! I would say I've found my intuition (when I'm aware I'm using it) to be reliable 70% of the time. It comes as a feeling of recognition, if that makes any sense - so I know it's reliable. (115-5)

A business executive who reported intuition was integrated into her day-to-day life commented, "I know it is reliable because it feels so right. In actual fact it normally is" (127-5).

Validate intuition through other sources. Eleven women reported they attempted to validate intuitive information through other sources before acting upon it. A business executive who experienced intuition daily and used it to guide decision-making reported, "I know the information is reliable because I check it out through facts, statistics, past experience and peer feedback before I proceed. It is like a highlighter. It is 100% reliable if I read it correctly which doesn't always occur" (34-5).

Knowing intuition is reliable through past experience. Seven women reported that they knew intuitive information was reliable through past experience with intuition. An industrial relations manager who considered intuition "a normal part of my

daily life" and "very important to work" used intuition in making judgments about people. This industrial relations manager reported, "I know it is reliable because experience has shown it is. When I have allowed logic / persuasion to overrule intuition, I have been proved wrong. I find my intuition correct 95% of the time" (100-5). The comment of a professor and academic administrator whose intuition provided information about people suggested past experience has helped her realize the reliability of intuition, however at times she confirms the reliability of intuitive information through other sources. "Over time I have come to realize it is very reliable. At times [I] wait for confirmation by other information but now rely on it quite quickly due to positive experiences" (132-5).

Future events validate intuitive information. Eight women reported they knew intuitive information was reliable when future events confirmed the information. A consultant who experienced intuition daily which usually related to people reported, Intuition is "almost always reliable. I just have a deep, inner certainty. Later events bear out accuracy of intuition" (14-5).

Frequency of Intuitive Information Being Reliable

Ninety-two women reported how often intuition was reliable. Three women reported they did not know how often intuition was reliable. Most women reported how reliable intuition was as a percentage of time. The categories of frequency of intuitive information being reliable reported by the women is displayed in Table 7.

Table 7

Frequency of Intuitive Information Being Reliable

	n
Always or almost reliable	36
Usually reliable	46
Reliable about 50% of the time	4
Reliable less than 50% of the time	2
Never reliable	2
Reliability dependent upon type of information	4

The responses of 36 women directly indicated or implied that intuition was always or almost always reliable. Responses stating that intuition was

"always" reliable, "almost always" reliable, or greater than 90% reliable were grouped as always or almost always reliable. Responses indicating that intuition was reliable from 70 to 90% of the time, or described as being reliable "usually", "very often", "invariably", "most often", "normally" were grouped as usually reliable. The responses of forty-six women indicated that intuition was usually reliable. Four women reported that intuition was reliable at least 50% of the time but less than 70%. These responses were grouped as reliable about 50% of the time. Two women reported that intuition was reliable less than 50% of the time. Two women reported that intuition was never reliable. Four women reported that how often intuition was reliable depended upon what type of information it provided. These comments were categorized as reliability dependent upon type of information. The comment of a publishing manager who used intuition "primarily to sense and respond to other people's moods and feelings" illustrates reliability dependent upon type of information.

> I trust my intuitions about people and they are usually reliable (90%). In other areas, the reliability rate seems closer to 50% and since I frequently don't act on my intuitions it is sometimes hard to evaluate what the outcome would have been if I had. (17-5)

Summary of Comments Regarding Reliability of Intuition

The responses of women who reported how they knew intuitive information was reliable were grouped under the themes of inexplicable knowing or special recognition, validating information through other sources, knowing intuition is reliable through past experiences, and future events validate intuitive information. Most of the women who discussed the reliability of intuitive information reported that intuition provided information that fell under the categories of always or almost always reliable or usually reliable.

Changes in Intuition Over Time

To date research on intuition has not addressed how personal experiences of intuition change over time and how a person's responses to their intuitive experiences change. Investigation of individual perceptions of how a person's experiences of intuition and their responses to these experiences have changed should contribute valuable information on the relationship between age and intuition.

Eighty-four women responded to the question addressing perception of intuition over time: In what ways have your experiences of intuition and your responses to these experiences changed over time?

Their responses will be discussed under two subheadings: changes in experience and changes in personal response to intuitive experiences.

Changes in Experiences of Intuition Over Time

Eighteen women reported they were unaware of changes in their intuitive experiences over the years. Thirteen women reported changes in their intuitive experiences. These changes included: (a) an increase in experiences, (b) intuitions being more reliable, (c) experiences being more or less intense, and (d) intuition providing a broader range of information. A business manager in her late 20s reported, "My intuition has become stronger over the years. It really began around puberty I think and since I was 25 has become much more of a friend to me. Intuition is most helpful when dating and meeting lots of people" (128-7). In contrast, a professor in her mid 40s reported the following.

> In my teens and early twenties the experiences were sometimes frightening, extremely intense and occasionally were accompanied by visual images. In most cases recently I have found the intensity and urgency to be somewhat diminished but this may be related more to my current anxiety state and decreased sensitivity to some stimuli. (21-7)

A management consultant in her mid 50s who used intuition in judging character reported how intuition changed for her over the years.

> My first remembered experience of intuition was when I was a teenager. In my early career, it was not a large factor, possibly because of the nature of the work. So it was used socially and when on extensive travels. In my later career (consultant) my experiences have increased in both frequency and accuracy ... (85-7).

Changes in Personal Response to Intuitive Experiences Over Time

Fourteen women reported they were unaware of changes in their responses to intuitive experiences over time. Fifty-eight women reported changes in their responses to intuitive experiences. Changes in responses to intuitive experiences over the years included: (a) feeling more positive about intuition, i.e. increased trust, comfort (n = 36), (b) increased awareness of intuition (n = 17), and (c) increased willingness to follow or use intuition (n = 11).

Feeling more positive about intuition was the most frequently reported change of response to intuition over the years. Twenty-six women reported trust or confidence in intuition increased over time. Other positive feelings which were reported to develop over time included acceptance of intuition and comfort with intuitive experiences. Seven women reported ages at which their trust in intuition increased. These ages ranged from the mid 20s to late 30s. The comments of some women regarding increase in trust of intuition

with age follow. An artist in her 60s who considered intuition of great importance to her career reported:

> The experience has not changed, and I am still surprised when it happens. I probably trust it more now than I used to. I trust a strong creative intuition and I am probably more appreciative of this particular kind of intuition than I was in my twenties. (I thought then that it was normal for everyone!) (129-7)

A university professor in her 50s, who experienced intuition related to people's character, reported, "I have tended to trust it [intuition] more as I got older because I have more experience of its efficiency" (6-9). Another professor, also in her 50s, who received intuitive information about people's character and warnings of danger for herself and family, reported that her trust in intuition came relatively recently. I "did not believe in it [intuition] prior to my 50s. Trusted it in a limited way at first and now at 52 have learned to listen and weigh what it means. I consider it a gift" (140-7).

In contrast to the comments reflecting increased trust and confidence in intuition over the years, one woman's comment reflected a decrease in trust of intuition. A consultant in her mid 40s reported that "When I was young I was more in touch with my feelings. Now I always seem to be too rushed / tense to feel. I

think I have learned to be more suspicious of intuition as I get older" (30-7,8).

Eight women reported ages around which they noticed an increase in awareness of intuition. The ages ranged from "20s" to mid 40s. Examples of comments regarding an increase in awareness of intuition with age are presented. A consultant in her early 40s who found intuition provided an advantage in business and relationships reported, "In my early 30s [I] became more aware [of intuition], decided to trust it more. Became more conscious of intuition's role and the power of the mind generally" (14-7). An accountant in her 40s who reported using intuition in judging character commented, "I don't think the experience changes much except that you recognize it more as you mature" (108-7). A social work administrator in her late 50s who used intuition in personal and professional decision-making reported:

> I don't recall intuition playing such an important part in my life until the mid thirties or even mid forties. I think some major growth experiences and training, have played a major part - and these came after the children were older, and I had the opportunity to take the courses. (115-7)

A comment which reflects an increased willingness to follow or use intuition and feeling more positive about intuition (ie. greater acceptance of intuition)

was made by a program advisor in her mid 30s, who used intuition in judging character and making decisions:

> As an adolescent I basically disbelieved my feelings and did not allow too much to come through. However, in adulthood (early 20s onward) I have come to accept my intuition as saying important things to me which I should heed. The breaking point came in my early 20s when I realized not everyone received information in this way. (125-7)

A health administrator in her late 40s who reported experiencing intuition most in areas where she had expertise, such as interviewing and counselling people, reported how her awareness and use of intuition increased over the years. "I would suggest that in the past 10 years I have become more aware of intuitive ideas and made an increasing effort to 'listen' and follow-up. However, I don't have a sense of a particular increase in intuitive ideas" (124-7). This woman's comment reflects <u>increased awareness of intuition</u> and <u>increased willingness to follow intuition</u>.

A few comments reflecting a change in response to intuitive experiences which did not fall within the areas mentioned were made. These comments reflected greater analysis of information provided by intuition, more cautious response to intuition and less awareness of intuition as one got older. The comments of two

consultants, a financial executive and an actuary reflect these changes.

A public relations consultant in her mid 40s who used intuition daily to start planning projects reported, "When I was younger I acted solely on intuition; as I matured I reflected on the information gained in this manner and eventually I began to test it" (88-7).

A financial executive in her mid 40s who found she must "hide intuitive insights in the rubric and language of business, 'male language'" reported that over time her response to intuition has "become more cautious and less cautious" (109-7).

An actuary, also in her mid 40s, reported "I've gotten a little wiser in talking to others. I try hard to set out logic to support my choice of decision before I tell others what it is" (4-7).

A 45-year-old consultant, who experienced intuitive feelings about what was happening for people she was emotionally close to, reported how her responses to intuitive experiences changed over time. "When I was young I was more in touch with my feelings. Now I always seem to be too rushed / tense to feel. I

think I have learned to be more suspicious of intuition as I get older" (30-7,8).

Summary of Changes in Intuitive Experiences and Responses to These Experiences Over Time

A few women reported changes in intuitive experiences over the years which included an increase in experiences, intuitions being more reliable, experiences being more or less intense, and intuition providing a broader range of information. A larger number of women reported changes in their responses to intuitive experiences over the years. These changes included feeling more positive about intuition, increased awareness of intuition, and increased willingness to follow intuition. Exceptions to these themes were presented in the reports of a few women.

Factors Enhancing Intuitive Awareness

The women's perceptions of factors enhancing their awareness and use of intuition were addressed through the following question: What, over your life so far, has helped you develop your awareness and utilization of intuition? Ninety-six women responded to this question. The responses of twelve women indicated that they were unaware of anything that had helped them develop intuitive awareness. Factors that

the women reported helped develop their awareness and utilization of intuition were grouped in themes listed in Table 8. Comments reflecting these themes follow.

Table 8

Factors Enhancing Intuitive Awareness

	n
General life experiences	23
Expanded knowledge base	22
Personal experiences of intuition	18
Increased self-awareness and self-confidence	16
Interpersonal relations	14
Others' intuitive experiences, encouragement discussion	11
Spiritual exploration/meditation	7
Receptive attitude/open mind	7

Themes and Examples

Comments were made which suggested that general life experiences helped develop intuitive awareness (n = 23). Examples of comments reflecting this theme included: "experience, extensive and varied" (3-8),

"experience of living" (28-8), "having to survive in a hostile world" (59-8), and "experiences during your life" (108-8).

Comments reflecting a theme of an expanded knowledge base helping to develop intuitive awareness were made by 22 women. These comments included reports of reading unspecified material, exposure to art and art training, study of human behavior from a traditional perspective (i.e. psychology, social work, adult education), as well as study or exposure to theories which may not be considered mainstream and perhaps challenge conventional theory of human behavior (i.e. parapsychology, mind control theory, holistic health, feminist theory). Examples of comments reflecting this theme included "readings in psychology" (7-8), "the feminist movement" (24-8), "reading" (27-8), "social work theory, study of psychology and parapsychology" (34-8), and "healing arts with a deep sense of integrity for the process of the individual" (114-8). A social worker who reported that she used her intuition in dealing with people "constantly" and considered it "important" commented on how formal post-secondary education helped develop her awareness of intuition.

> My first awareness was when I began studying social work and we were told intuition was imprecise and unprofessional and we should forget all about it. And then I studied adult education at ..., and learned about people and how they learn, and what 'self-directed' really means! I gave myself permission (that's exactly how it felt) to use intuition. My success rate in my counselling improved dramatically. (117-8)

The comments of 18 women reflected a theme of personal experiences of intuition as a factor helping to develop awareness and utilization of intuition. Comments included "the more you use it [intuition] the easier it becomes" (5-8), "recognition that I have used intuition successfully" (8-8), "thinking that by ignoring it [intuition] I have made some mistakes" (39-8), "experience of making use of it [intuition] for benefit" (45-8), and "few good experiences early in life which confirmed that my 'intuition' or instinct in a given situation was good" (135-8).

The comments of 16 women reflected a theme of increased self-awareness and self-confidence as a factor in helping develop awareness of intuition. These comments included "psychoanalysis" (7-8), "greater self understanding" (23-8), "greater acceptance of myself" (34-8), "trusting in myself" (51-8), and "increased self-awareness" (37-8).

The theme of interpersonal relations emerged as a factor in helping develop awareness and utilization of intuition from the comments of 14 women. Comments reflecting this theme included "marriage and children (be very intimate with a few people)" (7-8), "contact with people" (11-8), "marriage and parenting" (13-8), "supervisory experience" (17-8), and "my mother... a sensitive scientist for a husband" (84-8).

The theme of others' intuitive experiences, encouragement, discussion emerged as a factor in helping develop intuitive awareness (n = 11). Comments reflecting this theme included "contact with individuals with psi powers that they have consciously utilized" (14-8), "once I started to mention it [intuition] people seem intrigued and encourage me to do more" (50-8), "people encouraging me" (61-8), and "seeing other people who use it" (72-8).

Spiritual exploration / meditation emerged as a factor in helping develop awareness and utilization of intuition (n = 7). Comments included "meditation; seeking God's guidance and help" (2-8), "knowing God and reading the Bible" (48-8), and "spiritual practice" (114-8).

A theme of receptive attitude / open mind emerged as a factor in helping develop awareness and utilization of intuition (n = 7). Comments reflecting this theme included "listening to my inner voices" (93-8), "encouraging it [intuition], believing it" (120-8), and "an open mind" (121-8).

Twenty-eight women reported two or more of the above factors in their comments on what helped develop their awareness and utilization of intuition. A brief description of a few of these women and their comments are presented to illustrate the range of factors they found helpful in developing awareness and utilization of intuition. The comment of a journalist / professor who considered intuition "important" in her life and "essential" in her work as a biographer illustrates themes of increased self-awareness and self-confidence, interpersonal relations, and expanded knowledge base. She reported that the following helped develop her awareness of intuition. "Psychoanalysis and experience with people. Marriage and children (be very intimate with a few people). Readings in psychology, etc." (7-8).

The comment of a social worker who experienced intuition daily and used intuition as one factor in

decision-making reflects themes of expanded knowledge base, general life experiences and increased self-awareness and self-confidence. She commented that the following helped develop her awareness and utilization of intuition. "Social work theory. Study of psychology and parapsychology. Maturity. Greater acceptance of myself." (34-8).

An educational consultant who experienced intuition "almost daily" and reported intuition played a "great part" in her life, providing creative ideas, commented on what she found helped increase her awareness of intuition. Her comment reflects the themes of expanded knowledge base and receptive attitude.

> Many years of study and reading at all levels of undergraduate and graduate studies. I have always been open to new ways of thinking and while not a student of psychology, I am interested in how to use the mind effectively" (133-8).

A consultant who experienced intuition daily and found intuition provided an "extra edge" in problem solving reported what helped develop her awareness and utilization of intuition. "An awareness of process in groups. Workshops and contact individuals with psi powers that they have consciously utilized. Strong intuitive experiences of my own." (14-8). Her comment

reflects the themes of interpersonal relations, expanded knowledge base, others' intuitive experiences, encouragement, discussion, and personal experiences of intuition.

A small business owner whose intuition guided decision-making personally and professionally reported what helped develop her awareness and utilization of intuition. Her comment reflects the themes of general life experiences, increased self-awareness and self-confidence, expanded knowledge base, spiritual exploration / meditation, and interpersonal relations.

> Adversity - the message that I was different and the punishment for this made a mark on my consciousness and also gave me a private life that further created an awareness of my inner being - though it was a painful sense of myself in a hostile environment. Body work, spiritual practice. Psychodrama. Healing arts with a deep sense of integrity for the process of the individual. A deeply intimate love relationship - being known and loved for myself. Perseverance - sticking to something and knowing it, so I can know myself in it well. (114-8)

Summary of Factors Helping to Develop Intuitive Awareness

The women's comments indicated that what helped develop awareness and utilization of intuition differed between individual women although a variety of common factors emerged from their comments. Factors the women reported helped develop their awareness and utilization

of intuition included general life experiences, expanded knowledge base, personal experiences of intuition, increased self-awareness and self-confidence, interpersonal relations, others' intuitive experiences, encouragement, discussion, spiritual exploration / meditation, and receptive attitude / open mind.

Summary of Findings of the Women's Perceptions of Their Intuitive Experiences

The women's perceptions of their intuitive experiences were explored through a number of questions soliciting descriptions of intuitive experiences, reflections on the nature of intuitive experiences and how the experience of intuition has changed over one's life.

Themes related to process, content and context emerged from the women's descriptions of their intuitive experiences. The women's descriptions of their specific intuitive experiences indicated that in the process of the intuitive experience a shift in sensation, a sudden or immediate awareness, depth of intensity of experience, and intuition acting as a catalyst for action were experienced by some but not all women. Gathering information prior to experiencing

intuition was described by some women but less frequently than the other process themes. The content of specific intuitive experiences reported ranged from vague to specific to extraordinary, most frequently included guiding and / or descriptive information, and in a few incidents involved spiritual knowing. Limited information was provided which related to the context of specific intuitive experiences. This information indicated that intuition was experienced while alone, with others and / or while having a dream or just waking. Most frequently context information indicated that the woman was with at least one other person at the time of the intuitive experience.

The women experienced intuition entering conscious awareness on different levels. Most frequently intuition was experienced as entering conscious awareness at a mental and emotional level. Fewer women reported experiencing intuition entering conscious awareness at a physical level. Only a few women reported intuition entering conscious awareness through mystical / spiritual experiences.

Most women who discussed the reliability of information they received intuitively reported that intuition provided information that was usually, almost

always or always reliable. Fewer women commented on how they knew information received intuitively was reliable than the number of women who commented on whether intuitive information was reliable. Ways women knew intuitive information was reliable included having an inexplicable knowing or special recognition, confirming intuitive information through other sources, knowing intuition provides reliable information through past experience, and future events validating intuitive information.

A few women reported changes in intuitive experiences over their life time. Changes reported included an increase in intuitive experiences, an increase in reliability of intuitions, change in intensity of the experience, and intuition providing a broader range of information. A greater number of women reported changes in how they responded to intuition over the years. Most frequently changes included an increase in positive feelings toward intuition, awareness of intuition, and willingness to follow intuition.

Factors which contributed to increased intuitive awareness and utilization of intuition varied between individual women. Common factors emerging from their

comments included general life experiences, expanded knowledge in a variety of areas, personal intuitive experiences, increased self-awareness and self-confidence, relationships with others, others' intuitive experiences - encouragement - discussion, spiritual exploration / meditation, and a receptive attitude / open mind.

In general findings suggest for women who participated in this study the experience of intuition, personal reflections on the nature of intuitive experiences and how one's experience of intuition has changed over time varied among individual women.

CHAPTER V

THE ROLE OF INTUITION IN THE WOMEN'S LIVES

This chapter discusses themes which relate to the second research question: What are the perceptions held by a group of eminent Canadian women about the role intuition plays in their lives? This question was explored through a number of questions on the questionnaire exploring how often intuition is experienced, how often intuition is followed, types of information intuition provides, how intuition is used, feelings towards intuition, with whom individuals are willing to share that they have used intuition in decision-making, and interest in pursuing development of intuitive abilities. A list of these questions are presented in Table 9. Responses made to these questions as well as responses made to other questions which were also pertinent to questions in Table 9 were used to determine common themes.

Discussion at the beginning of Chapter Four relative to reporting of findings pertains to this chapter as well. Following Table 9 discussion of questions exploring the role of intuition in the women's lives is presented.

Table 9

Questions Exploring the Role of Intuition in Participants' Lives

Number in Questionnaire	
3	Reflect upon your personal life and experiences of intuition (we will discuss your career in a separate question). Describe the role intuition has played in your personal life. In your description please consider and include: (a) how often you experience intuition, how often you follow/use it; (b) types of information received through intuition; (c) how you use intuition; (d) your feelings about intuition: to what extent you trust it, consider it important.
4	Reflect upon your career and experiences of intuition. Describe the role intuition has played in your career. In your description please consider and include: (a) how often you experience intuition, how often you follow/use it; (b) types of information received through intuition; (c) how you use intuition; (d) your feelings about intuition: to what extent you trust it, consider it important.
6	When intuition has played a role in your decision-making whom are you willing to tell that intuition has played a role in the decision? Please elaborate.
9	Would you care to further develop your intuitive abilities? Why? How?

How Often Intuition is Experienced and Followed

The first question addressing the role of intuition required respondents to determine how often they experience intuition and how often they follow / use intuition. Seventy-four women provided responses related to frequency with which intuition was experienced, 37 women addressed how often they followed or used intuition. Nineteen women reported difficulty judging how often they experienced intuition. For some this was due to difficulty recognizing a specific experience as intuitive or separating intuition from other experiences. A scientist reported that although she considered intuition important in her life she was unable to isolate specific instances. "I consider intuition to be important and I think it has had a large effect on my personal life. I think I use it a lot, consider it very reliable but I can't separate exact instances" (25-3).

How Often Intuition is Experienced

The responses of 74 women addressed the question of frequency with which intuition was experienced. Nineteen of these women expressed difficulty determining how often they experienced intuition, although ten were able to provide a "guess" which could be coded within a quantitative framework.

The responses of twelve women directly indicated or implied that they never experienced intuition, did not recall such an experience or were not consciously aware of experiencing intuition. The responses of nine women suggested they seldom to occasionally experienced intuition. Descriptors under seldom to occasionally included those which did not indicate experiencing intuition more than a few times a year, such as "infrequently", "two to three times per year", "occasionally".

The responses of 34 women suggested they experienced intuition often. Responses which included "often", "frequently", "daily", "weekly", and "several times a year" were coded as often. The responses of seven women who indicated that intuition was an integral part either of their day-to-day life or of their decision-making were also considered as experiencing intuition often.

Six women reported that the frequency with which they experienced intuition was dependent upon certain factors. Four of these women expressed that how often they experienced intuition was sometimes dependent upon themselves. "I experience it whenever I want to make a change in my life or business, and am consequently open to receive the message" (57-3,4). "If I am in good

health and looking internal / inward - often" (84-3). Two women stated that factors outside oneself determined the frequency with which intuition was experienced. For example one woman commented, "I experience intuition and actively use my intuition each time I meet people" (136-3,4).

Seven women described how often they did not experience intuition i.e. 6 women expressed that they did not experience intuition in a way that would be considered often.

How Often Intuition is Used or Followed

Thirty-seven women commented on how often they followed or used intuition. Responses made by six women were coded as seldom to occasionally. The comments of 16 women suggested that they followed or used intuition often. Comments coded as often included "generally" (100-3,4) and "a lot" (25-3,4). The comments of 13 women indicated they always followed or used intuition. Five women indicated whether they followed or used intuition was sometimes dependent upon certain factors. Comments included "whenever necessary" (33-3,4), "in almost all crisis situations" (67-3), "if it is a minor matter, I usually follow it...In major matters, I don't often trust my intuition" (70-4) and "each time I meet people" (136-

3). One woman commented that in her professional role as a senior academic administrator she did not use intuition very much, however when she was a counsellor she actively used intuition (132-4).

Intuition - Differences Between Personal and Professional Areas

When asked to focus on personal and professional areas of life separately few women (n =3) reported a difference in the frequency with which they experienced intuition and followed or used it. One woman reported frequently experiencing intuition in her work as an actuary, but never in situations which were not related to work (4-1). A woman in a managerial position expressed the opposite combination. In reference to her personal life she commented, "I experience intuition (or am conscious of experiencing it) at least once a week". Whereas related to her professional work she reported "rarely" experiencing or using intuition (70-3,4). The director of an art gallery reported she "sometimes" followed intuition in her personal life, however she relied on her intuition at work more. Relative to her work she made the following comment. "All my decisions are influenced by intuition. I use it constantly to influence my programs, grants, etc. writing, art too" (93-4).

Summary of How Often Intuition is Used and Followed

How often intuition was experienced and followed varied between women. Over half of the women reported how often they experienced intuition while approximately one quarter of the women reported how often they followed or used intuition. Responses indicated the frequency of experiencing intuition ranged from never to daily. The women's responses indicated most frequently intuition was experienced often. Some women indicated that the frequency with which intuition was experienced was dependent upon factors related to oneself and factors outside of oneself.

Approximately one quarter of the women commented on how often they followed or used intuition. Responses ranged from seldom to occasionally to often to always following / using intuition. Some women indicated that whether intuition was followed or used was dependent upon situational factors.

Types of Information Intuition Provides

The responses of one hundred twenty-eight women indicated types of information intuition provided. Six major themes as well as subthemes which emerged from the responses are listed in Table 10. Each theme will be discussed individually.

Table 10

Types of Information Intuition Provides

	n
Guiding or directive information	113
interpersonal relations	81
career path	24
Description information related to the present time or an unspecified time	
unspecified general information	39
information or awareness that something is wrong for oneself or within a situation	18
information about another person's present experience	34
Foreknowledge	41
future danger/something would go wrong	13
information about another person's future	20
Character information	37
Creative/novel ideas	16
Spiritual insight	6

Guiding or Directive Information

Respondents most frequently reported receiving intuitive information which provided guidance or direction about interpersonal issues, how to proceed in a situation, what choice to make, how to solve a problem, or make a decision (n = 113). Guiding information ranged from that which was relevant to seemingly insignificant situations (e.g. what gift to buy) to major life decisions (e.g. career move, marriage). Most women (n = 92) reported receiving guiding information which related both to personal and professional areas of their lives. A total of 99 women reported receiving guiding information related to professional work. The responses of 107 women indicated intuition provided guiding information in areas other than professional work. These responses were coded personal.

Reports of guiding information which were not explicit as to the exact nature of the information included "what to do, when to go, where to go, (or) not do" (2-3), "an inner feeling of what should be or be done" (11-13), "a feeling of a direction to take" (5-5), "which decision to make, how to work with the consequences" (117-3), and "strong impulse that I must

do a certain thing without delay no matter how inconvenient" (45-2).

Responses which were more detailed revealed intuition provided directing information in a variety of personal and professional areas. Guiding information related to personal areas of one's life included health issues (27-1), financial affairs (45-1), gardening (45-1), travel (53-1), and interpersonal relations. One woman's comments indicated how diverse the types of guiding information intuition provided to one person may be. "Information received - cards to buy, gifts to give friends - how to eat - noticing what feels good - how to spend holidays - what I need in my life - the kind of yoga to practice - spiritual practice" (114-3).

Within the context of professional work there were reports of intuition providing guidance related to career path, interpersonal relations, financial decisions, company ownership change over (92-1), faculty negotiations (122-1), artistic endeavors (67-4), and general problem solving (71-4). A professor's comment illustrated the variety of guiding information she received intuitively in her work. "I intuit a thesis - or when to interview a subject ... or when to dig into a pile on my desk of unread material.

Serendipity often strikes with a 'my this fits' or 'what about that?" (84-3)

Several comments were grouped into subthemes of interpersonal relations and career path. Discussion of these subthemes follows.

Interpersonal relations. Eighty-one women reported receiving intuitive information which provided guidance in interpersonal relations. Comments indicated that intuition provided guidance on how to interact with or react to people in personal and professional situations, direction to pursue in a close relationship or information which would affect the nature of a close relationship. An artist commented about the guidance intuition provided relative to interacting with people. Intuition provided information on "how to act and behave around certain individuals. When to be quiet and listen. When to offer suggestions" (67-3).

One woman related how intuition provided guiding information when she was considering marriage. She chose to go against her intuition. "Intuition told me not to marry my husband, and 5 years later we were divorced for the very reasons my intuition told me" (128-3). Another woman related how she intuitively knew that she needed to visit her ill father so he

would then be able to die. Her father died after she spent a day with him (47-1).

Eighteen women reported receiving information related to whether a prospective employee should be hired. Other interpersonal information in professional situations included knowing how to interact with employees and clients.

Career path. Twenty-four women reported receiving guiding information which was related to their career path. Comments included awareness of what career direction to take (66-1), (92-3), need to ask for a job advancement (17-1), whether to accept a job offer (39-1), and how to respond in a job interview (34-1). An executive director described how intuition provided guidance through different stages of a job search and interview:

> I read the ad in the ... [newspaper] and knew instantly that I would have the position if I chose to apply, even though my work experience and qualifications weren't exactly what they had requested. I went through 3 interviews with from 2 to 12 people and retained the same feeling of knowing what to say ahead of time and being sure that I was the right candidate for the position. (34-1)

Descriptive Information Related to the Present Time or an Unspecified Time

Descriptive information about people and situations received through intuition included: (a)

unspecified general information, (b) information or awareness that something is wrong for oneself or within a situation, and (c) information about a person's present experience. Each subtheme is discussed.

Unspecified general information. Reports of receiving intuitive information about people (n = 24) and situations (n = 15) which were general and did not specify the nature of the information were made. Fourteen women reported receiving "general" information about people and situations within the context of their professional work.

Information or awareness that something is wrong for oneself or within a situation. Intuition provided awareness that something was wrong or not quite right for oneself or within a particular situation (n = 18). Sensing danger, being aware that a decision is incorrect and that one is not in the right place are examples of information reported. One woman reported a specific incident where as a child she intuitively knew she was in danger. "I was playing in my mother's rose garden when I felt palpitations. I ran into our house and came out onto the balcony. Looking down into the rose garden, I saw a large snake in the spot where I had been playing" (136-1).

Information about another person's present

experience. Responses indicating that intuition provided awareness of another person's present experience including thoughts, feelings, health status, and actions (n = 34) were reported. Intuitive awareness was experienced about people who were present, as well as people who were at a distance from the intuiter. A sales manager reported, "Very common as I work with many people, and must understand them. Example - someone tells me they have a difficult thing to tell me, but usually I know what it is" (113-1). A real estate broker stated, "I just always did 'know' - if someone was ill, upset, etc. continents or miles apart and I would / do phone to see if I can help" (126-1).

Comments most common to this subtheme included intuitive awareness of the present situation of a relative or close acquaintance (n = 11) and intuitive awareness that something was wrong for a person (n = 12). No reports were made of intuitive awareness that something pleasant was happening to a person.

Reports of intuitive awareness that something was wrong for another person included knowledge of a family member's death (8-1), illness (i.e. 89-1) or injury (i.e. 89-1). An example of intuitive awareness of something wrong happening for a close family member was

related by a woman whose husband was hospitalized for tests but was fine when she left the hospital. "At 5 a.m. I woke up and called the hospital in a panic because I knew something was wrong. I was told he was critical so I went right to the hospital." (26-1)

One woman related how an intuitive vision alerted her to her daughter's near drowning.

> It was negative and dramatic. My 2 year old daughter left with someone to tend to the side of our pool. I was in the house, the sitter was called away for 15 seconds or so by another emergency. I 'saw' my daughter sinking in the pool, ran out and, sure enough, what I had 'seen' was taking place. I pulled her out but she would have drowned if I had not run out back. (94-1)

Fifteen women reported experiencing intuitive awareness of what a person is presently thinking or feeling within a professional work context. A woman who has a dual career as a writer and clinician reported "I can get a sense of how the other person relates to me and in general. I can often tell if there is information not being revealed. In 'exceptional' cases I can 'know' what that is" (136-3,4).

Foreknowledge

Forty-one women reported intuition providing information or awareness of some aspect of the future which focused on oneself, another person, or a specific

situation. Comments which described intuitive awareness of the future in a general way included "know when something is coming" (7-3), "dream after dream of future events" (8-2), "have hunches or a feeling of ... what will happen" (23-1), "an emerging knowledge that a certain outcome will occur, often before the activity is even planned or in the face of evidence to the contrary" (72-1).

Intuition provided information or awareness of the future that ranged in specificity. An example of future awareness which was vague in focus was shared by a corporate executive. She commented that when involved with business-related activities she experienced "a sudden state of excitement that something usually positive is about to take place" (18-10). An example of intuitive awareness which is more detailed as to the nature of the future event was shared by a woman who foresaw an accident:

> I remember looking at the river and knowing instantly that their eldest child might drown, in the river. I told the family immediately about my feeling and was laughed at. Two weeks later the child nearly drowned as I had mentally seen the occurrence. (125-1)

Intuitive information was reported which warned of future danger or that something would go wrong (n = 13). Reports ranged in the seriousness of what was to

go wrong from knowing intuitively that one's luggage would be lost during airline travel (71-1) to being intuitively aware that another person would become terminally ill (115-1).

Intuitive awareness of some aspect of another person's future were most frequently reported (n = 20) and included premonition of death (8-1), illness (115-1, 59-3), mishap (125-1), actions, general status, and future relationships (117-2). Half of these reports were related to a person who was either a relative or a close friend (n = 10). One woman experienced a sudden intuitive awareness of a friend's future illness and death while visiting her friend. "Suddenly I knew that if she did not stop smoking immediately, she would develop cancer, and become terminally ill ... (one and a half years later) she died... all along I knew without any doubt that this would happen" (115-1).

Intuitive awareness of some aspect of the future be it related to another person or a specific situation within the context of professional work was reported by eleven women. The majority of these comments (n = 7) were related to another person. Examples include "I have gut feelings about ... whether a person will work out in a given job" (1-1) and "whether people will

accept jobs, grant budgets, or reorgs [reorganizations] will occur" (72-4).

Character Information

Comments indicating an intuitive sense or awareness of a person's personality or character (n = 37) were grouped under the theme character information. Comments reflecting this theme included "character judgments" (8-3), "character traits" (125-2,4), and "intuition tells me of the trustworthiness of an individual" (40-3,4). Twenty-six women reported experiencing intuitive insight into the character of others within the context of their professional work.

One woman's report of what occurred the first time she met her husband illustrates an example of intuitive insight into someone's character:

> The first sight I had of my husband I sensed immediately in spite of the incredible mess of his shop and the simplicity of his conversation - no and in spite of my own prejudice that anyone working with machines - that here was an unusual and gifted man. (18-1)

Creative / Novel Ideas

Sixteen women reported receiving creative ideas and / or knowledge of patterns and connections of ideas intuitively. Reports suggest that intuition can give a fresh look at something, as if one were viewing a new perspective through different eyes. Comments included

"suddenly as though the timing was right, the bulb flashes on, an incredible surge of understanding comes to me, what was cloudy becomes crystal clear" (5-10), "surprising connections surface for me ... sometimes puns; sometimes really deep connections that I would rationally call 'pattern recognition'" (7-3). General comments were made about intuition providing "ideas" for creative actions such as writing (133-3, 7-3,4), or artwork (67-1). A university professor described intuitive information which provided a creative idea for a writing project. "Three disparate masks come my way - one electronic, one bone (skull), then stone. I have to find the connection" (84-3,4). Nine women reported receiving intuition which made them aware of creative ideas, patterns, connections or understanding which were related to their professional work.

Spiritual Insight

Six women reported that they had experienced the presence of a spiritual power or had a spiritual insight or revelation. One woman reported a childhood experience. "I felt and sensed that God was one with me. I was alone. It increased my faith and trust in God, my creator. I felt warm and a sense of belonging ... " (2-1). Another woman reported that she had

spiritual experiences which gave personal revelation but was not willing to share these for the purposes of a research project. "I have had mystical spiritual experiences but I regard these as private knowledge not to be shared with those who only wish to dissect it" (9-1). Perhaps the honesty of this woman reflects feelings of other women who may have experienced spiritual insights but chose not to share them.

Summary of Types of Information Intuition Provides

Most women who participated in the study indicated the type of information they received through intuition. Most frequently the women reported receiving intuitive information related to both personal and professional areas of life which provided guidance or direction about interpersonal issues, how to proceed in a situation, what choice to make, how to solve a problem, or make a decision. Intuition provided guidance in a range of situations from those considered insignificant to those that were considered very significant and even critical in a person's life.

Several women indicated that intuition provided descriptive information related to the present time or an unspecified time. Sometimes this information alerted the intuiter that something was wrong for

oneself or within a situation or provided information about what another person was experiencing.

The women also reported that intuition provided knowledge of the future related to oneself, others, or situations, information about the character of other persons, creative and novel ideas, and spiritual insight. Least often the women reported intuition providing spiritual insight.

How Intuition is Used

The over-riding theme which emerged from comments on how intuition was used was intuition as a factor in decision-making and guiding action. Over two thirds of the women who responded to the questionnaire (n = 109) reported that intuition played a guiding role in some aspect of their decision-making or actions.

The type of decisions and actions for which intuition acted as a guide varied between individuals. Some women stated that intuition played some type of role in general day-to-day decision-making in personal and / or professional work related areas, while others discussed the use of intuition in major life decisions and critical situations. The range of decisions included those which had little impact on one's life such as choosing gifts, clothes, and furnishings (24-3)

to decisions of major importance in determining one's life course such as whether to marry and have children.

Two sets of subthemes emerged under the overriding theme of intuition as a factor in decision-making and guiding actions. The first set of subthemes relate to specific types of situations where intuition is used as a factor to guide decision-making or actions. The second set of subthemes relate to the specific role intuition plays in the decision-making process. Table 11 lists the two sets of subthemes.

Situations Where Intuition is Used as a Factor to Guide Decision-Making or Actions

Subthemes emerged which related to specific types of situations where intuition was used as a factor to guide decision-making or actions. These subthemes included using intuition as a guide in: (a) major life decisions, (b) critical situations, (c) day-to-day life / general decision-making, (d) interpersonal relations, (e) character judgments, and (f) professional decisions and actions. Discussion of each subtheme follows.

Intuition as a guide in major life decisions.

Intuition was reported as playing a role in the major decisions of 29 women. The types of major decisions for which intuition had influence included

Table 11

Subthemes Related to Intuition as a Factor in Decision-Making and Guiding Actions

	n
Situations	
major life decisions	29
critical situations	12
day-to-day life/general decision-making	74
interpersonal relations	76
character judgments	35
professional decisions/actions	96
Specific Roles	
in combination with rational thinking/logic	40
provides initial guide to action	9
guides timing of a decision or action	11
evaluates choices	15

decisions related to marriage, childbearing, purchasing homes, and career choices. General comments about intuition playing a role in major decisions were also made. An example of a general comment was made by an investment dealer. "It has been such a tremendous guide in the past few years that I do not make any major decisions before giving myself time to meditate and reflect on the situation so that I may get an 'intuitive solution'" (134-3). It is interesting to note that this woman seeks out intuition through a specific technique, meditation and reflection. A woman in public relations commented that in both her personal and professional life a combination of intuition and "facts" play a role in her major decisions. "I would state that most of my major decisions are made on a 50/50 basis, fact vs. intuition" (137-3,4).

Comments have been selected to illustrate the types of decisions for which intuition has played a role for specific women. "Major role: decision to leave a secure government job and launch a career as a private consultant was based on intuition. It felt 'right'. This is true of all other career moves in my life" (14-4). A woman who reported experiencing intuition "not very often" also stated that intuition

influenced career decisions as well as critical decisions in other areas. "It has had an effect in critical decisions - relationships, associations, buying a house, jobs" (145-3). A lawyer reported that intuition was used in "determining romantic involvements and childbearing decisions [and] career choices and changes" (13-3,4).

A business owner indicated that intuition played a role in guiding lifestyle and business decisions in day-to-day situations, as well as those of major importance:

> How I use intuition - It's like a solid sense of "aha" - an "aha" sort of level of being grounded and true to myself that puts a smile on my face and makes me feel like the choice I am making will be its own "proof" of the rightness of the decision - it will bring joy and will come easily.... Intuition has been fundamental to me - it has given me the resolve to "move against the mainstream" - it has freed me to leave a career in search of my "self reliant" self... It has created the possibility of a "long distance" relationship ... I operate intuitively a lot - I would say every major decision I have made has an intuitive foundation. (114-3,4)

The comments of a communications director illustrate how intuition could be influential in making a major personal decision regarding a career choice, but disregarded in other areas of a woman's professional work:

> On a daily basis I don't think intuition plays much of a role. I take a practical, intellectual rational approach to the decision-making required on the job. However, when it comes to planning my career - I don't. I go with the flow. I've never felt the need to plan or drive my career and if the next development or opportunity arises, I don't tend to weigh the possibilities in any organized sense. Again, I just seem to know "intuitively" if its right for me. (50-4)

Intuition as a guide in critical situations. Twelve women reported that intuition was used to guide actions or decisions in critical situations. Five of these women reported specific situations where intuition provided some sense of knowing that something was or would go wrong and the women acted in accordance with the intuitive knowledge. Specific incidents included saving a drowning child (94-1) and avoiding a tornado area (140-3). One woman's response to her intuition prevented her from being in a car accident:

> Last Xmas I was visiting my father and wife; they had to go out to pick up their neighbor at the train. As soon as they asked me I had a feeling of dread - not to go, I knew something would happen. I said I didn't feel too well and would wait at home. They left at 5:30; at 6:30 I knew something had happened. At 8pm the phone rang, I answered "Yes, dad". They were at the hospital. Car was totalled. (53-1)

Intuition as a guide in day-to-day life / general decision-making. Intuition acted as a sort of guiding influence or factor in the general decision-making or day-to-day lives of some women (n = 74). The comments

of fifty-two of these women indicated that intuition was also used in general decision-making within professional areas. Comments which illustrate the theme of guide in day-to-day life / general decision-making are presented.

An executive of an insurance company reported "An intuitive approach is integrated in your day-to-day life...It is a general approach to everything" (127-3,4). A professor stated, "Intuition, feeling, response are so integral a part of the way I am, I cannot isolate it in the fashion you request....I simply trust that my feelings are real and true and trustable. They guide me" (89-1,3). A lawyer reported, "I use it every day in all I do. ... I just take the information, apply my "gut" and get to the bottom line" (58-1). A public affairs consultant described her use of intuition, "I simply work it into my approach and handling of any situation. Sometimes I can be persuaded otherwise but have usually regretted it" (40-3).

Intuition as a guide in interpersonal relations.

Responses indicating the use of intuition in interactions with people were grouped under interpersonal relations. Approximately half of the women (n = 76) reported using intuition in

interpersonal relations. Thirty-four women reported using intuition in interpersonal relations within both their career and personal life. Thirty-one women reported using intuition relative to relations with others in their personal life, but did not report using intuition in relations within their work. Eleven women reported using intuition in interpersonal work relationships, but did not report using intuition in interpersonal relationships which were non-work related.

General comments regarding intuition in interpersonal relations included "dealing with people" (6-3), "in dealing on an interpersonal level with my staff and with those whom I work" (75-4), and "use intuition each time I meet people" (136-3). Comments which were more specific in how intuition was used in dealing with people were also made. "I use intuition primarily to sense and respond to other people's moods and feelings" (17-3). "I use my intuition to protect myself against certain types of people" (125-3,4).

Some women specified that intuition was used when determining the course or nature of a relationship. Examples included relationships which were work-related and personal. "I use it when deciding on friendships to pursue" (6-3). "Used many times when altering work

and personal relationships" (11-4). A community college instructor reported how intuition guided her action in a work-related relationship:

> I was introduced to a coworker four years ago and (instinctively) immediately knew that something would go wrong between us although on the surface there was no apparent problem. We actually were thought to be friends. Recently I found out that she tried to create problems for me at work - while appearing friendly to me at all times. I was not surprised. I knew it instinctively - and responded by doing what I knew I should have done in the first place - what my intuition had told me. That is to establish only a firm working relationship and no attempt at friendship. (56-1)

As mentioned earlier, intuition was reported by some women as playing a role in major decisions regarding intimate relationships. Decisions where intuition was reported as playing a role included whether to marry, selecting a mate, and leaving a spouse and children. One woman commented how intuition helped identify the right marriage partner for her. "Intuition led me to know almost immediately on meeting one man that he was the one I was looking for (we married)" (62-3).

Intuition used within interpersonal work relationships was reported (n = 45). Comments included "depend on intuition in my dealing with others, as teacher and administrator" (69-1). A university vice president reported that she used intuition when

"dealing on an interpersonal level with staff ... (and) managing people" (75-1,3). A lawyer commented about the importance of intuition in dealing with people. "In law, you are continually answering to your clients, either lawyers, juries, witnesses and judges. If you don't believe in your own intuition, you would be elsewhere. It is a people skill you and your client need" (27-4). A publishing manager expressed how she frequently used intuition in staff relations and the effect she perceived this had:

> In my relations with my staff, I use intuition about their moods and personalities and likely reactions, all the time. I am considered by myself and others to be outstanding at managing and motivating people and I think my intuitions are partially responsible for this success. (17-4)

The various ways intuition can be used in interactions with others is shown through the comments of an executive director:

> For the first three years of my career I worked in a direct counselling role and found intuition to be very valuable in being able to 'read' the other person's feelings and reactions. I used it a great deal in this role since counselling is very much an 'artistic' role which varies from person to person. Currently I use intuition in both one to one supervision of staff and in group dynamics while chairing meetings. I am therefore able to read the mood of the individual or group; when to proceed and when to back off. (34-4)

Intuition as a guide in character judgment.

Responses indicating that intuition was used in making

some type of assessment or judgment about a person's character, such as whether they were trustworthy, were coded as character judgment. The comments of 35 women indicated that intuition was used in making judgments about people. Twenty-nine of these women reported using intuition in character judgments in their professional work. Comments included: "I can intuitively separate would-be charlatans from men and women of integrity" (18-9). "I use it most in hiring people and knowing who can be trusted" (1-4). "I am always able to size up individuals very quickly, which is a valuable asset in both my personal and professional life" (135-1).

In contrast to the comments just mentioned, a lawyer, who does not consider herself "particularly intuitive", reported "I believe I have good judgment about people but this is not in my view the same thing" (110-1).

Intuition as a guide in professional decisions and actions. The comments of 96 women indicated that intuition was used or played some type of role in their decisions or actions within professional work-related areas. The types of decisions in which intuition played a role varied between women. Some general comments included "I certainly don't blindly follow

intuition, but I do rely on my impressions for input before I make a decision" (26-4), "helps me with decision-making" (48-3,4). Some women commented that intuition played a role in general business operations. An owner of a home furnishing company reported, "I have always run my business by intuition ... I could not operate without it as I am not a planning, organized, computerized kind of person. I run by instinct" (57-1,4). A lawyer also commented, "Intuition is a constant factor in day-to-day business undertakings" (12-1).

Fourteen women reported that they utilized intuition in the hiring process. Most comments were of a general nature, such as "has helped to hire better people" (32-4). An accountant related how intuition was used to make a decision when objective information was similar between candidates:

> I think I use intuition most to assess people when I am hiring staff. It is always difficult to make a final selection from a short list of people, who essentially have the same qualifications and experience. What your intuition tells you about the people you interview will probably play an important role in your final selection. I have certainly used my intuition to make a final decision on which person to hire. (108-4)

A social work administrator commented on how her experience in using intuition in the hiring process became more respected by others:

> I have used it in hiring employees and in the process use two other staff to join me in the interview. On three occasions in the past nine years, I allowed them to persuade me to downgrade the importance of my intuition. In all three instances, the employees eventually had to leave, as being unable to manage the stressful nature of the work! This experience has helped us all to pay attention to intuition and to appreciate its value. (115-4)

Eleven women commented on the role of intuition in creative work. A university professor and musical performer expressed the important role of intuition in musical interpretation:

> I use intuition extensively in deciding upon interpretations of pieces as a musical performer. If there is disagreement between scholarly writing and what my intuition advises, I usually go with my intuition. For a number of years I have been involved in performances of contemporary music - often premieres so there are not previously existing performances as a guide. Here I use my intuition extensively. My faith in intuition has become considerably strengthened because on a number of occasions I have had the composer come to me after a performance and say: 'Now I know what I was really trying to state in the piece!' Such experiences have made me consider that I should allow intuition to play a larger role in my personal life. (24-4)

The comments of an art gallery director suggest that intuition plays a major role in her professional work, which included creative works. "All my decisions are influenced by intuition. I use it constantly to influence my program, grants, etc., writing, art too" (93-4). One woman commented on the importance of intuition in guiding creative work:

> As a creative artist I consider intuition to be of great importance in my career. I do not know how often it happens but certainly it is present during the creation of a highly spontaneous work of art. I recognize it and follow it. (129-4)

A sample of comments is given to further illustrate some of the types of work-related decisions intuition was reported as having an influence upon. "I use intuition constantly in my role as a personnel management consultant in organizational, staffing, planning issues" (51-4). A writer stated that intuition provided information about "when a deal is going bad, who not to do business with, what's really happening in office politics" and used this information "to save my deals, to choose strategies, to structure win/win situations" (66-4). An executive director's comments illustrate how she trusts her intuition in making decisions about sensitive business issues:

> For over 30 years I managed complex, highly political (extremely sensitive) issues without a great deal of time being over cautious on them. I simply allow my feeling to dominate the decision. Every so often my rational mind will override my intuition as my staff will provide logical reasoning and every time (thank God not often!), I allow their rational (systematic) reasoning [to] take over the decision - in all cases the final outcome has not been positive. So now I spend time thinking and it comes to me without my pressing for it (insight) and [I] have my staff provide all the options and I chose that which is keeping with my feeling. (5-3)

Specific Roles of Intuition in the Decision-Making Process

Four subthemes emerged which focused upon the specific role intuition played in the decision-making process. These subthemes were: (a) intuition used in combination with rational thinking / logic, (b) intuition provides initial guide to action, (c) intuition guides timing of a decision or action, and (d) intuition evaluates choices. Discussion of theses subthemes follows.

Intuition used in combination with rational thinking / logic. Forty women discussed using intuition in conjunction with rational thinking / logic in decision-making. The balance between use of rational thinking and use of intuition in decision-making appeared to be dependent upon the individual woman, and in some cases upon the type of decision. A financial executive who reported using intuition in personal and professional decision-making discussed the importance of balancing intuition and rationality. "An intuitive sense cannot exclusively guide how I choose to respond in any given situation. The marriage balance - of intuition and rationality - is always a foremost preoccupation" (109-3). A writer, who reported that she frequently experienced intuition and

usually followed it, discussed the impact that she perceived combining intuition and rational thinking has had on her career. "I have had more success and faster success than anyone else (female) of roughly comparable age and education. I think that's because I combine the rational and the intuitive so strongly" (66-4).

An architect acknowledged the combination of rational thinking, experience and intuition in problem solving. "Most of my professional work involves problem solving. Although rational [thinking] plays a strong role, I am aware that good solutions always are intuitive ... but an intuition fed by experience" (3-1). An executive director also acknowledged the importance of combining information from different sources, including past experience, with information provided by intuition. "I use intuition as a guide, however I don't rely on it exclusively. Past experience, current information and feedback from peers is also used before a decision is made" (34-3).

Intuition provides initial guide to action. Intuition acted as an initial guide to action or decision-making for some women (n = 9). A public relations consultant reported that in both her professional and personal life intuition acted as a "catalyst ... to start the planning process" (88-3,4).

Another public relations consultant stated, "About 75% of the time intuition has guided me in business. It has 'tipped me off' or alerted me to do further research" (121-4).

A professor who stated that she used intuition "to start - not to verify scholarly work" provided an example. "Three disparate masks come my way - one electronic, one human bone (skull), twin stone. I 'have' to find the connection. It takes three years. The paper is the best single piece I've published" (84-3).

Two social workers reported using intuition as the starting point in their decision-making. One social worker commented, "I simply begin with intuition and then move to intellect, not vice versa" (111-4). The other social worker reported that intuition provided a diagnosis which was used to find the factors which would logically point to the intuitive diagnosis or perhaps lead to a different one. Intuition is used in "making a diagnosis before I know the facts and then use that diagnosis to identify facts. My diagnosis is not always correct (about 25% of the time it is not), but the facts I have identified through the process have led to a more precise diagnosis" (117-4).

Intuition guides timing of a decision or action. A subtheme of intuition playing a role in determining the timing of a decision or action emerged from the comments of eleven women. A senior consultant and sales manager reported "use in business calls - helps me identify client needs and helps me determine timing, appropriateness of a close" (32-4). An agrologist also used intuition to help determine the appropriate time to make business requests, "gauging when the right time is to ask for more materials, money, a raise" (53-4).

A statistician, who is a hobby gardener, stated that she experiences intuition as a strong impulse that something must be done immediately. She reported how she uses these intuitive impulses to guide crucial timing decisions in hobby gardening and financial investments:

> It is particularly noticeable with my hobby-gardening. One knows that the planting must be done in the spring but there is a fairly wide range of time over which it can be done, maybe three weeks. Suddenly I will get the feeling that today is the day - regardless of whatever else is underway. For several years, right after the first row is in, a light rain will begin, just excellent for the starting. This is without any reference to a weather forecast. I have done the same when investing money and managed to hit the interest rate peaks time after time. (45-1)

Intuition evaluates choices. Comments were made which indicated that intuition acted as an evaluator in

the decision-making process (n = 15). Most frequently this was reported as a feeling that a decision was right. Intuition provided an affective stamp of approval for a particular choice. An executive director described how her intuition determined which alternative was chosen when making a business decision. "I ask my managers to meet with me on a problem - ask them for their input and select the alternative that's in keeping with my intuition" (5-6). A lawyer explained how intuition was involved in certain business decisions. "I make decisions such as to move offices, computerize, change systems, based on intuition. I 'feel' [and] visualize the result and if it feels right I go with it after I have rationalized it with logic" (55-4).

Summary of How Intuition is Used

Over two thirds of the women who participated in the study reported that intuition played a guiding role in their decision-making or actions. Intuition played a guiding role in a variety of situations ranging from day-to-day decisions to critical situations and major life decisions. Intuition also played a role in judging the character of others, interpersonal relationships and professional decisions and actions. Themes emerged regarding the role intuition played in

the decision-making process. Intuition was reported as playing a role at a variety of stages of decision-making including acting as an initial guide to action, guiding the timing of a decision, and evaluating choices. Most frequently intuition was reported as being used in conjunction with rational thinking / logic in the decision-making process.

Feelings about Intuition

The women were asked to report "your feelings about intuition: to what extent do you trust it, consider it important." Comments reflecting feelings and attitudes about or toward intuition were made by 101 women. Table 12 lists themes and subthemes which emerged from these comments. Discussion of themes follows Table 12.

Table 12

Feelings and Attitudes About Intuitions

	n
Positive	89
trust of intuition	69
intuition is important	41
other positive feelings/attitudes	30
Indifferent, ambivalent or skeptical	12

Positive Feelings / Attitudes about Intuition

Comments made by 89 women reflected positive feelings / attitudes about intuition. The comments of these women included subthemes of trust of intuition (n = 69), feeling intuition is important (n = 41), and other positive feelings / attitudes about intuition (n = 30). The type of intuitive experiences these women had, the frequency of their intuitive experiences and how they used intuitive information varied. Examples are presented to illustrate the variety of backgrounds and experiences of intuition which the women reported.

Trust of intuition. Sixty-nine women reported they trusted intuition. Examples illustrating general comments about trusting intuition and comments discussing experience and trust, and special conditions influencing trust of intuition are presented.

General comments about trusting intuition were made by 52 women with varying backgrounds. Comments regarding trusting intuition related to character judgments and or interpersonal relationships. A senior executive in charge of personnel of a large corporation reported she trusted her intuition about people "implicitly" (135-3,4). A controller also reported, "trust my intuition about people implicitly" (46-3). A consultant, lecturer and writer who experienced

intuition daily which was mostly relative to interpersonal relationships reported positive feelings about intuition. "I'm quite comfortable about it and not always right! Yet I do trust it ... I think it's so interesting and useful ... It's like a gift to bring me closer to people" (146-3,11,13). A public affairs consultant who experienced intuition which provided information relative to the trustworthiness of people reported that intuition "has had tremendous influence in both my personal and professional life ... I trust it without question though seek to have it proved wrong, consider it vital and one of my major strengths" (40-3).

A social work administrator whose intuition informed her "when family or friends are in difficulty... when it is timely to do something, when there is an opportunity I should take advantage of, when someone will die" reported, "I trust my intuition very much... I do believe in intuition, though I don't understand it - but there is much about life we have yet to learn... I believe it is a wonderful resource to use in many aspects of living ...." (112-9).

The director of a public relations firm who used her intuition daily to guide decision-making reported, "I trust my intuition and rarely act in opposition to

its signals. I've learned not to question my 'gut feel' about people, decisions and events .... there's power in intuition..." (97-3,4). She commented that intuition played a major role in her professional and personal life, enriched her life and helped her.

A lawyer who experienced intuition which alerted her to something wrong for a loved one who was a distance away reported, "I feel that intuition is my friend, and that I have a sort of guardian spirit...I trust intuition as a well-meaning influence in my life and feel that someone is watching over me. This helps to give me confidence" (26-3,4).

A second lawyer described intuition "like a friendly voice sitting on my shoulder". Her comments illustrate that she values and trusts intuition to such a degree that she encourages others to trust intuition:

> I think I am first a very practical person, who trusts my own intuition about people and situations. I encourage friends and clients I counsel to always trust their intuitions. I place great value in it.... My intuition is a constant with me. I feel very comfortable with it. (27-3)

Ten women commented that trust of intuition increased as a result of previous experiences with intuition. Positive experiences of following intuition, as well as negative experiences when failing

to follow intuition were reported as increasing trust of intuition.

General comments about experience influencing trust of intuition were made. A psychologist who reported experiencing intuition about the personality and characteristics of individual people reported that "experience has given me confidence to trust these hunches" (19-1). A public affairs consultant who experienced intuition about the trustworthiness of individuals reported, "I've had so much hard evidence of its accuracy I trust it and use it" (40-3).

A musician reported interesting comments of how conditioning and positive experience of intuition influenced her trust of intuition:

> For a long time I did not realize that I was using intuition to make certain decisions particularly with regard to my work. At that stage I believe I was conditioned not to trust intuition. Once I became aware of it, I have noticed that I use intuition in assisting to solve scholarly problems, choosing clothes or furnishings, sometimes in personal relations. I suspect that I could probably make more use of it, but I still have some distrust of intuition, perhaps from earlier experiences.... For a number of years I have been involved in performances of contemporary music - often premieres so there are not previously existing performances as a guide. Here I use my intuition extensively. My faith in intuition has become considerably strengthened because on a number of occasions, I have had the composer come to me after a performance and say: "Now I know what I was really trying to state in the piece!" Such experiences have made me

> consider that I should allow intuition to play a larger role in my personal life. (24-3,4)

The comments of a sales manager illustrate how awareness and failure to follow intuitive feelings increased her trust in intuition:

> My first hire - an assistant product manager. Resume looked good but my intuition during interview gave me different signals. I hired him anyway. It turned out to be a bad decision. Since then I have increasingly learned to trust my intuition - I have great antennas!... I am becoming aware that it is more accurate than once believed and that I should use it to my best advantage more often ... [at work intuition is] becoming a very key asset ...Slowly I have learned to trust it. Over the past year I am learning to tune up the antennae, to concentrate more on receiving greater depth of message, and it is working. (32-1,3,4,7)

A professor who reported intuition played a minor role in her life, but was used when meeting new people, reported how failure to trust intuition in past experiences influenced her trust of intuition:

> Sometimes I don't trust my intuition and I am invariably sorry. Now I have resolved to give my initial feelings about a new person greater credence ... early on (up to approximately 30) I ignored my (few) feelings of intuition but then realized they were right most of the time, since then I have gradually come to trust them more. (105-3,4,7)

A lawyer who did not experience intuition frequently commented about trust of her "gut reaction". "I have been relatively doubtful of this in the past but am learning it is correct in a large number of

cases so I am working on relying on it more (but not doing so at the sacrifice of back up research)" (95-1).

Nine women's comments on their trust of intuition indicated that trust was dependent upon certain factors. Factors surrounding the specific situation about which the intuition was related, factors within oneself, and the nature of the situation were discussed as influencing trust of intuition.

A consultant to a federal company reported that trust of intuition depended upon how intuition related to a specific set of conditions. "For the most part I trust it provided it is fair and within the best interests of the company and its employees (the family and its members)" (92-3,4).

A writer who experienced intuitive experiences which made her aware of illness and death of family members, as well as day-to-day intuitions which guided decision-making commented how factors related to herself influence trust of intuition. "I trust my intuition to the extent that I know my own needs are not interfering" (136-3).

The comments of a business manager suggest trust of intuition may be situation specific. "I trust my intuitions about people ....In publishing decisions I

frequently have intuitions but tend to disregard them and decide based upon other factors" (17-4).

A social activist who experienced intuition frequently which provided an awareness of "where the group is at" described intuition as "a blessing". Her comments describe how trust and value of intuition were affected by outside influences:

> At different times it's played a very large role and one that's highly valued. I work with lawyers and they often want a more rational approach - then I become less sure about valuing my intuition.... Most work environments numb all of this good stuff - and I trust less and less my intuitive side, although I listen frequently to it. I am frightened to follow it; as I always have to rationalize my intuition, in these circumstances. I wonder why I choose to work in this environment. (143-4)

Intuition is important. Forty-one women reported intuition was important to them either through direct comments stating intuition was important or through comments implying importance such as intuition is "fundamental to me" (114-3), "integral part of the way I am" (89-3).

Some women who experienced intuition which provided information relative to the character of others reported that intuition was important to them. The president of a human resource firm who experienced intuition "all the time" related to the character and motives of people reported that she had "complete

trust" in intuition and that it played an "enormous role" in her life. The importance of intuition to this women is illustrated in her description of intuition. "Intuition is my sun - it gives me life, energy, power and potential I never dreamt I had - but know now I do have" (51-10).

An art director who considered intuition a constant part of daily life which provided information about people reported, "I trust it, it is very important. To be without intuition would be a kind of blindness" (73-3).

A product manager who used intuition in deciding how she felt about people reported intuition was important. Her comments reflect a receptive attitude toward intuition. "I welcome my gut feelings and try to pay more attention earlier on ... Intuition has been important to me" (128-3).

Some women who experienced some form of intuition daily reported intuition was important. A public relations consultant who experienced intuition daily and used it as a catalyst in planning reported, "I trust it [intuition], consider it very important" and it has had "a great influence on me" (89-3). A business executive who commented that "an intuitive approach is integrated in your day-to-day life"

reported, "I consider intuition very important and trust it implicitly. It is also an emotionally satisfying, aesthetic feeling and contributes to my enjoyment of life" (127-3).

A professor who experienced an intuitive awareness of a spiritual nature daily described intuition as a "gift" and reported that it was important to her "development as a person" (140-3,7,9).

The comments of a small business owner who experienced intuition daily and used it to guide minor and major decisions suggest that she considers intuition very important in her life:

> I consider it [intuition] an essential, spontaneous, serendipitous part of my life - and know that when I do not listen to this deeper knowing in myself, that I work against myself - or at least do not elicit from my life the joy and energy possible in it. Intuition has been fundamental to me....(114-3)

The importance of intuition is further expressed through her metaphorical description of intuition. "Like a firm root - able to hold up even in arid or stormy conditions - keeping the vulnerable plant solidly planted and fed for long periods where conditions for its survival might otherwise seem impossible" (114-10).

Some women who used intuition in decision-making reported that intuition was important in their lives.

An artist who experienced intuition frequently and reported using intuition with "respect" and "care" commented on the importance of intuition in her life.

> [I] trust it [intuition] if I am being honest with myself and humble. Consider it important... It is the primary factor in my professional decisions, helps me to be daring and to take risks - personal life. Intuition is an important dimension of being. (59-4)

A writer who frequently experienced intuition and used intuitive information in personal and professional decisions attributed her success to utilizing a combination of intuition and rational thinking. She reported positive feelings towards intuition. "I like it, rely on it, consider it very important (gives me an edge over people who ignore it). Let's me be more open or not as appropriate" (66-3).

The comments of an art gallery director who used intuition in decision-making indicate how important intuition was in her life. I "trust it [intuition], consider it 'true' knowledge, feel instinctively this intuition is the only real knowledge I have" (93-3).

An artist who experienced intuition which provided a variety of information commented on the importance of creative intuition in her work. Intuition "is extremely fragile and important and I always trust it. It is part of being a creative artist and I do not

think it would be possible to be creative without it" (129-3,4).

Other positive feelings / attitudes about intuition. Thirty women made comments reflecting a positive feeling or attitude about intuition which did not fit under trust or importance. Examples included the following.

The comments of a social work administrator who experienced intuition which provided information about what was happening for people and opportunities she should act upon reflect positive feelings toward intuition:

> I trust my intuition very much, and have found it reliable. ... I do believe in intuition, though I don't understand it - but there is much about life we have yet to learn. ... I believe it is a wonderful resource to use in many aspects of living" (115-3,11).

A hospital administrator's comments reflect positive feelings toward intuition:

> I believe the sort of intuitive experiences I am describing are in fact, rooted in real knowledge in me that I am not fully conscious of and possibly rooted also in understanding and communication from situations and friends / colleagues. Consequently I believe intuition can be very useful and is worth developing ... (124-3)

An educational consultant who experienced intuition daily and tried to be guided by it in difficult situations reported, "I feel strongly in

support of intuition, but one must also use reason, collect all the facts which bear on a situation and allow the unconscious mind to work on consciousness." Her comments suggest recognition of intuition as important when in balance with rational ways of knowing (133-3).

Additional comments reflecting positive feelings toward intuition were made. Intuition - "wish I had more access to it" (6-3), "handy to have" (4-10), "it fascinates me" (5-9), "its exciting" (14-9), "I'm very comfortable with its usage" (50-9), "I consider it a gift" (140-7), is "an emotionally satisfying, aesthetic feeling and contributes to my enjoyment of life" (127-3,4).

Indifferent, Ambivalent or Skeptical Feelings / Attitudes About Intuition

Twelve women made comments that suggested they experienced feeling indifferent, ambivalent or skeptical about intuition. The comments of a few women suggested feelings of indifference toward intuition. An administrator's only comment on the questionnaire was "intuition - means very little to me" (79-1). A quality control officer who rarely experienced intuition reported, "I don't consider it [intuition] important" (82-3). An analytical research chemist

reported intuition "plays no role that I can think of; I can't recall ever using it. Thus I consider it unimportant and would probably not trust it if I had such an experience" (138-3).

A professor and politician who found that as she got older she used intuition more in decision-making and developed more trust in intuition reported feeling "skeptical" about intuition (54-3). The comments of a lawyer suggested she experienced a feeling of skepticism toward intuition:

> In my experience people who do not want to exert the discipline of thinking logically, or desire a result inconsistent with the facts, call their decision "intuition" ... I sometimes have ideas or thoughts in anticipation or prediction of a certain event. I do not attribute much importance to these. In my view, they are a form of worrying or perhaps daydreaming ... (139-1,10)

A geologist who considered that intuition affected her judgment of people but played little role in research reported her feelings about intuition:

> Ambivalent - I am a scientist and my rational side is suspicious of unfounded judgments or impulses. But there is a small part of me which is more romantic - impulsive, and this prevents me from being entirely clinical in my approaches to intuitive feelings. (116-3)

A film maker who reported that she used her intuition a lot in her professional work commented, "I'm a little on the outs with my intuition these days, since I have trusted my intuition, and my chemistry,

with a couple of people recently that have both turned out to be a grievous error (106-3).

A communication consultant who considered intuition as "ideally a message of direction from God" reported positive and cautionary feelings toward intuition "mostly positive, but worry that evil can invade too" (98-3).

Summary of Feelings / Attitudes About Intuition

Approximately two thirds of the women who participated in the study commented on their feelings and attitudes about intuition. The majority of the women made comments reflecting positive feelings and attitudes about intuition. Most frequently comments were made indicating a trust of intuition and that intuition was important. A small group of women made comments that suggested they experienced feeling indifferent, ambivalent or skeptical about intuition.

Sharing Intuition's Influence with Others

The women were asked whom they were willing to tell that intuition had played a role in their decision-making. One hundred and three women responded to this question. Sixteen women commented on the question but did not specify whom they would or would not be willing to tell that intuition had played a role in decision-making. The responses of 87 women directly

addressed the question. Themes which emerged from their responses are listed in Table 13 and comments reflecting these themes follow.

Table 13

Sharing Intuition's Influence with Others

	n
Willing to tell anyone	18
Willing to tell selected people	53
close friends/family	33
individuals who acknowledged/showed interest in/or used intuitive ways of knowing	14
individuals who were trusted and/or who trusted and supported the intuiter	8
Willing to tell no one	16

Willing to Tell Anyone

Eighteen women reported that they would be willing to tell anyone that intuition had played a role in decision-making. Some of these women provided additional comments which suggested they felt open to discussing intuition with others. A business vice president whose intuition helped guide decisions in

hiring people and choosing personal relationships reported, "Why cannot we recognize that as a result of mental reasoning intuition isn't merely a 'feminine idiosyncrasy' but an actual process. I do not care if others think I am a fool for admitting to a belief in intuitive ability. I know I am not [a fool] and admit to being guided by it [intuition] to anyone" (18-6). A management consultant who considered intuition to be involved in part of her decision-making reported, "I'll discuss that possibility with anyone. It is a fascinating concept" (123-6). An academic who used intuition in decision-making reported she would tell "everyone - e.g. I state this in public addresses and lectures on the need for retaining intuition e.g. in legal decision-making" (148-6).

A lawyer who trusted intuition about people and situations did not report whom she would be willing to tell that intuition had played a role in her decision-making, however her comment suggests an openness to discuss this with others. "Sure. I love to acknowledge there is a whole realm of knowledge out there we know so little about. The 6th sense, 2nd sight, ESP, whatever, or just what we call a gut feeling" (27-6).

Willing to Tell Selected People

Fifty-three women reported they would be willing to tell selected people that intuition played a role in decision-making. Comments of these women indicated subthemes of a willingness to tell that intuition played a role in decision-making to: (a) close friends and family members (n = 33), (b) individuals who acknowledged / showed interest in / or used intuitive ways of knowing (n = 14), and (c) individuals who were trusted and / or who trusted and supported the intuiter (n = 8). Comments which illustrate the three subthemes follow.

The comments of a professor, lawyer and agrologist each illustrate the subthemes of close friends and family members and individuals who acknowledged / showed interest in / or used intuitive ways of knowing. A professor who used intuition to inspire scholarly work reported she would be willing to tell that intuition played a role in decision-making to selected people. "Husband, family, mother-in-law, bible study, Session (I'm an Elder), Fine Arts Departmental colleagues (in meetings selectively), some close colleagues, callers to the distress line I volunteered for - people I intuit will not be hostile to the idea" (84-6).

A lawyer who reported that intuition had a "really beneficial effect" on her life commented, "I don't really think that I rely heavily in decision-making [on intuition]. But I only discuss this sort of thing with my son and daughter. We are very close and very good friends. They feel some things too - especially my son" (26-6).

An agrologist who used intuition in decision-making about people and finances reported that she would be willing to share that intuition had played a role in decision-making with friends who shared her interest in science fiction:

> Many have the same experiences (perhaps SF [science fiction] fans are more intelligent / open to new things / visions). They "share the glory". However, at work the most I'd say is "It's a hunch I have" especially to a man. They are skeptical. (53-6)

The comment of a management consultant who used intuition in judging people illustrates subthemes of <u>individuals who were trusted and / or who trusted and supported the intuiter</u> and <u>individuals who acknowledged / showed interest in / or used intuitive ways of knowing</u>:

> My decisions are not based solely on intuition. I use intuition to heighten my awareness and perceptual antenna. My decisions are based on information and experience. I share my intuition-based perceptions with few people, usually women I

> trust and who are themselves perceptive - most men are not (85-6).

A public relations consultant who used intuition as a catalyst to begin the planning process reported, "I tell people who make decisions in similar ways" (88-6). Her comment illustrates the subtheme of individuals who acknowledged / showed interest in / or used intuitive ways of knowing.

The comment of a social work administrator whose intuition played a role in personal and professional decision-making illustrates subthemes of close friends and family members, individuals who acknowledge / showed interest in / or used intuitive ways of knowing, and individuals who were trusted and / or who trusted and supported the intuiter.

> I will tell my husband, as he is such a believer in it, and has allowed himself to listen to his own at times - something he never thought he had. I may share that with my senior management staff, who trust my judgment and feel comfortable if I've relied on my intuition (115-6).

Willing to Tell No One

Sixteen women reported they were willing to tell no one that intuition played a role in decision-making. Some of these women provided comments which suggested reasons for being unwilling to share this information with others. An actuary who used intuition in decision-making reported she would tell "no one.

Businessmen are not impressed with intuition. They like logic and politics" (4-6). A controller who used intuition in "forming personal relationships" reported she would tell "no one - not a discussion point since it generally points to gender differentiation" (46-6). An art director reported, "Only the answers matter, not the method, I don't talk about it. If you talk about it, there is danger that self-awareness, self-consciousness, will interfere with perception" (73-6).

Comments addressing reasons for being reluctant to share with others that intuition played a role in decision-making were also made by women who did not state they would tell no one. A professor commented, "People are unreceptive to such information - especially people in the scholarly world who generally believe reason and training are the keys to knowledge" (7-6). The comment of another professor indicated similar feelings about how intuition was regarded within a scholarly setting. "Intuition is not considered to be a good basis for decision-making in my profession (although I suspect other people use it too) (105-6).

An artist who considered intuition very important in creative work, commented on her reluctance to tell others that intuition played a role in decision-making.

> I have rarely told anyone about my feelings and when I have, I have done so reluctantly. I feel it is a very private matter and I wouldn't want any discussion about it at all. The anonymity of this survey has made me less cautious. (129-6)

Additional Comments of Interest

Ten women specified whom they would not tell that intuition had played a role in decision-making. Four of the ten women reported they would not tell men or they would be more open to discuss the topic with women than men. Comments included those of an engineering manager. "Working in an all male world and dealing with my husband, I'll never admit to using intuition. I always justify my decisions with a form of 'hindsight logic' with personal relationships with other women I'll admit to it" (22-6). An artist commented, "Depends on with whom I am communicating. Would be more open to discuss this with women, than with men. Can speak of it more openly to gay men" (59-6).

The comments of nine women suggested they would not directly discuss with others that intuition had played a role in decision-making. Comments suggested that intuition would be described in other terms and or backed up with a logical reason. Examples included the following. A lawyer who considered intuition a constant factor in day-to-day business reported, "Don't describe it [intuition] that way - it is only the

reaching of a conclusion without belaboured thought process" (12-6). An engineering manager reported that in business decisions "I'll always justify my decisions with a form of 'hindsight logic'" (22-6). A business woman who reported that intuition played a "role in major decisions" commented, "I don't usually call it 'intuition', but rather say it is something I just know or feel strongly about" (62-6). A financial executive who found intuition useful in business reported, "In a business sense, it is often necessary, in my experience to cloak intuitive insights in the rubric and language of business 'male language'" (109-6). A social worker who used intuition often professionally reported, "I will tell anyone I know and with whom I have a basic trust - but I don't call it intuition. I call it 'I knew' I just knew it was going to be like that" (117-6).

Summary of Sharing Intuition's Influence with Others

Over two thirds of the women who participated in the study commented on whom they were willing to tell that intuition had played a role in their decision-making. The women's comments ranged from indicating a willingness to tell no one about their use of intuition to a willingness to tell anyone. Most women reported a willingness to share their use of intuition with a

select group of people. The select group collectively included close friends and family, individuals who in some way acknowledged intuition or used intuition, and individuals who were trusted or trusted and supported the woman.

Interest in Further Development of Intuitive Abilities

The women were asked, "Would you care to further develop your intuitive abilities? Why? How?" Ninety-eight women responded. Fifty-one women either responded directly or implied that they would like to further develop their intuitive abilities. Thirty-six women responded they would not. Eleven women commented on the question but did not specify clearly whether they would or would not care to further develop their intuitive abilities.

Reasons for Developing Intuitive Abilities

Thirty women commented on why they wanted to develop intuitive abilities. These comments indicated a perception that intuition has some type of positive quality or effect that is desirable. Comments reflected interest in exploring new skills, feeling that developing intuitive abilities would improve performance in specific areas or aid in general personal development. Specific comments follow. A consultant commented, "Sure - it's always good to have

more tools in one's tool-kit for dealing with life" (143-9). A scientist who used intuition when meeting new people and considered intuition to play a minor role in her life reported, "It would be handy to have a better intuition to 'read' people and situations more quickly" (105-9). A small business owner who experienced intuition daily commented on why she would like to further develop her intuitive abilities:

> I believe this will continue to happen as I live my life in harmony with my being and I know I am developing skills and am making choices that will accomplish this. Because, when I stray off this path my body rebels, my spirit gets depressed and my mind simply gets to the point where it short circuits - so I can not hide from what is true to me. (114-9)

Reasons for Not Developing Intuitive Abilities

Twenty-one women commented on why they did not care to develop intuitive abilities. Comments reflected the following themes: (a) liking intuition the way it is (n = 8), (b) seeing no need or advantage in developing intuition (n = 6), (c) development of intuition might have undesirable consequences (n = 5), and (d) not having enough time to develop intuition (n = 3). Comments illustrating these themes follow.

An executive director who allowed intuition to guide her decisions made a comment which reflects themes of liking intuition the way it is and

development of intuition might have undesirable consequences. "I like the way it [intuition] is, however it fascinates me and I'm afraid if I become too clinical about it that I may lose it, so for me, it's perfect" (5-9). A quality control officer who did not recall using intuition made a comment reflecting the theme of seeing no need or advantage in developing intuition. "I think intuition is just speeded up reasoning and careful observation. These are available to me already" (82-9). A statistician who followed her intuition in making financial and gardening decisions made a comment which reflected themes of liking intuition the way it is and not having enough time to develop intuition. "At this stage - I think not, I have learned to trust what I have and do not want to disturb the situation. Mostly I do not have the time to readjust to another level" (45-9). Other comments which indicated development of intuition might have undesirable consequences included: "It might upset my life" (26-9), "I like the current level - I don't want to slide over into mysticism" (73-9).

How to Develop Intuitive Abilities

Eighteen women directly reported that they did not know how to develop their intuitive abilities. Twenty women commented on what they would do to help develop

their intuitive abilities. These comments suggested intuition could be further developed through expanding experiences, knowledge, awareness and receptivity. The comments were grouped using themes reported under the discussion of what helped the women develop their awareness and utilization of intuition. Themes which emerged included: (a) spiritual exploration / meditation (n = 9), (b) be more receptive and aware of intuition (n = 6), (c) expand knowledge base (n = 4), (d) increase self-awareness and self-confidence (n = 4), and (e) expand general life experiences (n = 2). Comments illustrating these themes follow.

An investment dealer who used her intuition as a guide in decision-making and reported she would like to further develop her intuitive abilities made a comment which reflects the theme of spiritual exploration / meditation. "I would strive to develop my intuitive abilities further as the guidance one receives is full of wisdom and is the optimal answer. I believe one can develop further by more spiritual awareness and meditation" (134-9). A business owner who stated that she could not operate without intuition indicated that she would explore further intuitive development through "Knowing our Source" (57-9). This comment is an example of spiritual exploration / meditation.

Comments that reflect the theme be more receptive and aware of intuition include "try to be more receptive" (77-9), "encourage a relaxed frame of mind" (10-9), and "pay more attention to it [intuition] in my life" (115-9). These comments were made by a business woman, a corporate executive and a social work administrator.

The theme of expand knowledge base included comments of reading a variety of material (41-9, 115-9, 133-9) taking courses (133-9), and practising nontraditional therapeutic techniques (i.e Rieki 21-9).

A corporate executive and social activist who reported interest in further developing intuitive abilities commented that they would do so through "self-guidance" (51-9) and "by listening to my body" (143-9). Their comments are examples of the theme increase self-awareness and self-confidence.

Two comments were categorized under the theme of expand general life experiences. A corporate executive interested in developing her intuitive abilities further commented on how she would do this: "By travelling and meeting persons from every corner of the globe" (18-9). A lawyer who reported a trust of intuition since childhood commented on what she thought would help her develop her intuitive abilities further:

"I have to go to Scotland - where my ancestors are from. I think I will feel something there" (27-9).

A product manager who used her intuition in evaluating people and reported she would like to further develop her intuitive abilities commented how she would do this. "I have to be kind and forgiving of myself and not allow myself to feel too insecure and pressured. I must learn to be a better listener" (128-9). Her comment reflects themes of increase self-awareness and confidence and be more receptive and aware of intuition.

Summary of Interest in Further Development of Intuitive Abilities

The majority of women who participated in the study (just over one half) made comments indicating an interest in further development of their intuitive abilities. The reasons given for interest in developing intuitive abilities indicated a perception that intuition has a positive quality or its effect on one's life is desirable. Almost one quarter of the women indicated they would not be interested in further development of their intuitive abilities. Reasons for not wanting to develop intuitive abilities included satisfaction with the way intuition was in their lives, seeing no advantage in further development, believing

consequences of further developing intuitive abilities could be undesirable, and a lack of time to devote to developing intuitive abilities.

Comments were made by some women which indicated how they would develop their intuitive abilities. These comments included engaging in spiritual and or meditative practices, attempting to be more aware of intuition and adopting a more receptive attitude toward it, increasing one's self-awareness and self-confidence, as well as engaging in a broader range of life experiences.

Summary of Findings Regarding the Role of Intuition in the Women's Lives

The women's responses to the questionnaire suggest that the role intuition plays in the women's lives varies between individual women. Some women reported never experiencing intuition, whereas other women reported experiencing intuition often, even daily. Some women reported that they seldom used or followed intuition, whereas others reported always following their intuition.

Six major themes emerged regarding the type of information intuition provided including guiding or directive information, descriptive information related to the present time or an unspecified time,

foreknowledge, character information, creative / novel ideas, and spiritual insight. Over two thirds of the women responding to the questionnaire reported receiving intuitive information which provided guiding or directive information about interpersonal issues, how to proceed in a situation, what choice to make, how to solve a problem, or make a decision. Fewer women reported intuition providing information considered within the other five identified themes. Least reported was intuition providing information related to spiritual insight.

Over two thirds of the women who responded to the questionnaire reported that intuition played a guiding role in some aspect of their decision-making or actions. Types of situations where intuition played a role in guiding decisions or actions included major life decisions, critical situations, day-to-day life / general decision-making, interpersonal relations, character judgments, and professional decisions / actions. The women most frequently reported intuition playing a guiding role in day-to-day life / general decision-making, interpersonal relations, and professional decisions / actions. Themes emerged which focused on the role intuition played in the process of making a decision. These themes included intuition

used in combination with rational thinking / logic, intuition provides initial guide to action, intuition guides timing of a decision or action, and intuition evaluates choices. Most frequently reported (by approximately one quarter of women responding to the questionnaire) was that intuition was used in conjunction with rational thinking / logic when making decisions.

Approximately two thirds of the women who responded to the questionnaire made comments reflecting feelings and attitudes about or toward intuition. Most of these women reported positive feelings / attitudes toward intuition. A much smaller group reported feelings or attitudes which were considered indifferent, ambivalent, or skeptical toward intuition. The most frequently reported positive feelings / attitudes about intuition included trust of intuition and feeling intuition is important.

Over two thirds of the women who responded to the questionnaire responded to a question asking whom they would be willing to tell that intuition had played a role in their decision-making. Responses ranged from being willing to tell anyone to no one. Most frequently women reported that they were willing to tell selected people that intuition played a role in

their decision-making. The comments of these women indicated the "selected" people they were willing to tell included close friends and family members, individuals who acknowledged / showed interest in / or used intuitive ways of knowing, and individuals who were trusted and / or who trusted and supported the intuiter.

Related to feelings and attitudes toward intuition were responses to the question "Would you care to further develop your intuitive abilities?" Approximately two thirds of the women who responded to the questionnaire addressed this question. Over half of these women or just greater than a third of those responding to the questionnaire responded directly or implied that they would like to further develop their intuitive abilities. Reasons given for wanting to further develop intuitive abilities indicated a perception that intuition has some type of positive quality or effect that is desirable. Close to a quarter of the women responding to the questionnaire responded they would not like to develop their intuitive abilities. Comments on why further development of intuitive abilities was not desirable included liking intuition the way it is, seeing no need or advantage in developing intuition, believing

development of intuition might have undesirable consequences, and not having enough time to develop intuition. Some women commented on what they would do to help develop their intuitive abilities. Themes which emerged from their comments included spiritual exploration / meditation, be more receptive and aware of intuition, expand knowledge base, increase self-awareness and self-confidence, and expand general life experiences.

CHAPTER VI

THE EFFECT OF INTUITION ON THE WOMEN'S LIVES

This chapter discusses themes which relate to the third research question: What are the perceptions held by a group of eminent Canadian women about the effect intuition has had on their lives? This question was explored through parts of the questions addressing the role of intuition (refer to Appendix B questions 3(e) & 4(e)). The women were asked to describe the "effect / influence intuition has had on your personal life". Responses made to this question directly, as well as responses in other parts of the questionnaire which addressed this question were used to determine common themes. Sixty-seven women addressed the effect or influence intuition had on their lives. Comments ranged from the vague to the specific and were broadly considered as either discussing degree of effect / influence (i.e. from no influence to a considerable influence) and / or type of effect / influence (i.e. positive or negative). Table 14 summarizes findings from comments addressing the effect / influence intuition has had on the women's lives. A discussion of comments about the degree and type of effect /

Table 14

Effect/Influence of Intuition on Participants' Lives

	n
Degree of Effect/Influence	
little to no effect	8
some but not considerable effect	6
considerable effect	20
Type of Effect/Influence	
positive effect/influence	47
enhance personal development	16
enhance personal relations	10
enhance professional work	20
general positive effect	3
negative effect/influence	9

influence intuition was perceived as having on the women's lives follows.

Degree of Effect / Influence Intuition Has on Individual Lives

Comments addressing degree of effect / influence intuition has on one's life were grouped as either: (a) little to no effect, (b) some but not a considerable effect, or (c) considerable effect.

Little to No Effect

Three women who did not experience or use intuition reported that intuition had no effect on their lives. Five women who had experienced and used intuition in some way reported that it had little or no effect on their lives. A publishing manager stated that intuition had a minimal effect on her personal life, however she attributed her success in managing and motivating people partially to intuition (17-3,4). An instructor at a community college whose intuition guided her in interpersonal relations in her personal life and in a specific interpersonal situation at work reported, I do not think this phenomenon has made contributions to my career" (56-4).

Some But Not a Considerable Effect

Six women made comments which suggested that intuition had some but not a considerable effect or influence in their lives. A nursing professor who reported that intuitive experiences helped refine her diagnostic skills expressed the effect and influence intuition had on her life. "Sometimes it scares me. I can't say it has had a major influence on my life" (21-3). A silversmith who reported that intuition played a role in the process of making a design stated, "While I acknowledge intuition as a force I cannot say that it has been a great factor in my life generally and or rather specifically" (74-3).

Considerable Effect

Comments made by 20 women indicated intuition was perceived as having a considerable influence or effect upon their lives. A vice president of sales and marketing who acknowledged the importance of a combined role of reason and intuition reported, "It [intuition] has and will continue to have a profound effect on my life" (18-4). A scientist who reported using her intuition a lot stated, "I think it has had a large effect on my personal life" (25-3). A professor who found she used her intuition when dealing with people mentioned how intuition and reasoning had different

influences on her life. "It [intuition] has had a far more profound influence on my life than my reasoning faculties, despite my career as academic, critic and administrator" (69-3,4). A public relations consultant who used intuition as a "catalyst" stated that intuition had a "great influence" on her life (88-3). A professor who experienced intuition "almost daily" and used it to guide her in difficult situations stated that intuition had a "great influence" on her life (133-3).

Type of Effect Intuition Has on Individual Lives

Comments addressing type of effect / influence intuition has on the women's lives were grouped into positive effect / influence and negative effect / influence. The comments of 47 women suggested they perceived intuition had a positive effect / influence on their life. Nine women reported intuition had some type of negative effect / influence on their life. Some women reported both positive and negative effects of intuition. Discussion of comments about the type of effect / influence intuition was perceived as having on the women's lives follows.

Positive Effect / Influence of Intuition

Forty-seven women made comments which suggested intuition had a positive effect / influence on their

life. Subthemes which emerged under this theme are: (a) enhance personal development, (b) enhance personal relations, (c) enhance professional work, and (d) general positive effect. Discussion of these subthemes is presented.

Enhance personal development. The comments of sixteen women suggested intuition influenced some aspect of their personal development. Areas mentioned included a more open attitude, a stronger sense of self-esteem, purpose, confidence and connection to a spiritual source. An artist who frequently used intuition in decision-making reported that intuition "helps me to be daring and to take risks" (59-3,4). A controller also reported that "[the] strength of intuition has lead to self-confidence" (46-3).

Comments which illustrate intuition as affecting or influencing a person such that they have a greater awareness of self-purpose or direction follow. A lawyer who considered intuition as a "sort of guardian spirit" reported the effect intuition had on her life. "Intuition has had a really beneficial effect on my personal life. It has given me confidence and hope and trust and reassurance that there is purpose in life and after life" (26-3). A consultant who experienced and

listened to her intuition daily expressed how intuition helped her personal development:

> As a philosophy of life I am trying to achieve a greater level of trust in myself, that I am on the right path and not to doubt myself and my abilities. I have made great strides on this path in the last 10 years. Intuition has helped greatly and so has seeing, experiencing my intuition borne out in events. (14-3)

A small business owner who experienced intuition which guided her daily commented on how intuition had a liberating effect upon her life:

> Intuition has been fundamental to me - it has given me the resolve to "move against the mainstream" - it has freed me to leave a career in search of my "self reliant" self ... It has given me a rich appreciation for the impact others have had in my life - and has given me access to the therapeutic power of psychodrama - so I can heal the pains of a difficult childhood. I would say it has generally given me the freedom to be myself - and to be healed where who I am and where the world intersects are painful.... It has been crucial to my life and has been unnamed for most of it. Tho I can feel it in my heart centre - and it gives me the resolve to pursue my life purpose. (114-3,4)

A family counsellor who received intuitive information which guided her reported how intuition influenced and affected her life:

> It has made me more confident, trustful and useful in life and God, I am hopeful.... It has guided me in my growing-up years, helped me in my role as a mother and wife and helper to my husband, it has led me to where I am today. A person who feels good about self, confident and trusting in my God and my journey on earth continues. (2-3,4)

Enhance personal relations. Ten women stated that intuition in some way enhanced personal relations. A senior consultant and sales manager who experienced intuition daily in her dealings with people reported on the effect intuition had. Intuition "helps my understanding of my spouse and allows me to communicate on a higher level - without pointing fingers" (32-3). A professor and politician who used intuition about people and group dynamics to guide her choice of actions reported the effect or influence of intuition on her life as "open and occasionally closed friendships. Prepared me for hostility or disconcerting reactions or events" (54-3). An accounts director of a public relations agency who reported using intuition daily as a guide in decision-making stated that intuition affected her personal life in a particular area of dealing with people. "My personal life has been enriched by intuition, particularly when it comes to men. My intuition has helped me steer clear of many a man who was certain heartache" (97-3).

The vice president of a large corporation who made good judgments based on intuition reported an effect her use of intuition in judgment has had. "Friends and family therefore seek me out for my opinion on

problems, dilemmas, etc. as I will usually be able to give them 'wise' advice" (135-4).

Enhance professional work. Twenty women reported that intuition had enhanced some aspect of their professional work. Comments included intuition having a positive effect in dealing with people and employee selection, improving decision-making, providing a competitive advantage, and general success.

An engineering manager who used intuition professionally when analysis was insufficient referred to the effect intuition has when she commented, "I wouldn't be where I am now without this tool (22-4)". A counsellor commented on how her acceptance of intuition improved her success rate with clients.

> I began studying social work and we were told intuition was imprecise and unprofessional and we should forget all about it. Then I studied adult ed at ..., and learned about people and how they learn, and what "self-directed" really means! I gave myself permission (that's exactly how it felt) to use intuition. My success rate in my counselling improved dramatically. (117-8)

A few women reported that intuition gave them a competitive edge or advantage. A writer who stated that intuition gave her a "competitive advantage" attributed her professional success to her ability to balance intuition and rational thinking. "I have had more success and faster success than anyone else

(female) of roughly comparable age and education. I think that's because I combine the rational and the intuitive so strongly" (66-4). The comments of a public affairs consultant reveal how an intuitive advantage can be perceived as unfair:

> [Intuition] has had tremendous influence in both my personal and professional life, often when logic would dictate it should have no role at all. It has often made me extremely uncomfortable and caused me to stand alone "inside my head" if not always in public. It has also made me feel guilty at times about having an unfair advantage or being able to "know" how someone will act (good or bad) when I have no right to that information. (40-3,4)

General positive effects. Comments reflecting a positive effect or influence were made which did not fall under the three previous subthemes. Three women commented that intuition gave them an "edge", that is an advantage, of time (10-3), in problem solving and life (14-3), and over other people (66-3). Intuition having a general enabling effect was reported. A professor who frequently experienced intuition about people reported, "Having intuition has helped me to survive difficult situations in a male-dominated environment" (48-3). The comments of a few women suggested intuition had a positive effect on general well-being. Intuition "contributes to my enjoyment of life" (127-3), "keeps me sane" (61-4), "calms me down" (144-3). The comment of a geology professor suggests

she considers intuition to have a positive effect on her general well-being. "I make an effort to retain the intuitive facet of my thinking otherwise I fear 'turning into a robot'" (116-3).

Negative Effect / Influence of Intuition

Nine women commented on negative effects intuition had in their lives. The comments indicated that intuition caused negative feelings within oneself or interpersonal problems. Intuition resulting in some type of negative feeling is reflected in the comments of a writer and professor who considered intuition important. She reported, "the downside of intuition is the feeling that life is too intense, over stimulation can easily be overwhelming. It makes it necessary to seek calm sometimes" (7-4).

The comments of the public affairs consultant discussed earlier under the theme of enhance professional work is relevant to this theme. Although the consultant found intuition provided an advantage, she considered this unfair which made her feel guilty and uncomfortable (40-3). A controller also found that intuition had positive and negative effects, "Strength of intuition has led to self-confidence, however same intuition leads to fear when I cannot trust the situation" (46-4).

Comments were made by a few women which suggested intuition had a negative influence on interpersonal relationships. The president of a human resources firm reported that intuition played an enormous role in her life. However, her intuitive ability relative to accurate character judgments posed problems as it scared people particularly managers (51-1). An art director reported both positive and negative effects of intuition. "Positive effects on my life - a husband I love after 35 years of marriage - a few close trusted friends. Negative effects - personal distance from many people with whom I share no images, attitudes, 'vibes'" (73-3). A director reported her "gut feeling or strong force of womanly common sense" had not always been helpful in interpersonal relations. "It has not always enhanced my position with my peers. As a matter of fact it has sometimes been imcompromising (sic) and made men feel threatened" (90-4).

An actuary described how intuition was both an asset and a liability in her professional life. "It has helped me to get things done properly but it causes problems too, as I sometimes cannot explain my 'logic' (even after I think about it)....Businessmen are not impressed with intuition. They like logic and politics" (4-4,6).

Summary of Findings Regarding the Effect of Intuition on the Women's Lives

The comments of sixty-seven women addressed the effect or influence intuition had on their lives. These comments indicated that the degree of effect / influence ranged from little or no effect to a considerable effect. The majority of the women (n = 47) made comments that suggested they perceived intuition had a positive effect / influence on their lives. Subthemes which emerged from comments reflecting a positive effect / influence included enhance personal development, enhance personal relations, enhance professional work, and general positive effects. In contrast to the report of intuition having a positive effect / influence a few women (n = 9) commented on the negative effect / influence they perceived intuition had on their lives. Their comments indicated that intuition caused negative feelings within the individual or interpersonal problems.

CHAPTER VII

DISCUSSION

The purpose of this research study was to investigate the perceptions held by a group of eminent Canadian women about their intuitive experiences, the role intuition plays in their lives, and the effect intuition has had on their lives. This chapter will present: (a) discussion of how findings from this study relate to philosophical and psychological discussion of intuition reviewed in the Literature Review, (b) discussion of how findings from this study relate to findings of previous research discussed in the Literature Review, (c) limitations of the study, and (d) suggestions for further research.

Relationship of Current Findings to Philosophical and Psychological Discussions

Similar to philosophical and theoretical discourse on intuition, the experiences of intuition and the role intuition plays in individual lives reported by respondents of this study suggest that intuition covers a broad range of experiences. The intuitive spectrum includes that which is common-place such as hunches or gut feelings about a person to that which is infrequently reported such as experiences of a mystical

/ spiritual nature. The women's descriptions of their intuitive experiences and their perceptions of the role intuition plays in their lives corresponded most frequently to philosophical and theoretical positions considered within the category of contemporary intuitionism as outlined by Westcott (1968). Contemporary intuitionism presents a view of intuition as a faculty of knowing providing immediate apprehension of knowledge neither rational nor empirical in nature and subject to error. Descriptions of intuitive experiences which could be considered examples of classical intuition (as described in Westcott, 1968) and inferential intuition (as described in Westcott, 1968) were less frequently reported. Classical intuitionism considers intuition as a special way of attaining ultimate knowledge not commonly experienced, frequently is ineffable and cannot be attained through the intellect. Knowledge attained through mystical / spiritual experiences would be considered examples of classical intuitionism. Inferential intuitionism considers intuition as a case of rapid inference.

The broad range of experiences described by the respondents as examples of their intuitive experiences provide support for theories which adopt a multilevel

view of intuition. Theoretical positions of Jung (1949), Assagioli (1976), Vaughan (1979), and Goldberg (1983) adopt a multilevel view of intuition which encompass the range of experiences described by women in this study.

Some theorists have suggested a positive relationship between intuition and established knowledge base, experience and expertise in a specific field (Dreyfus & Dreyfus, 1986; Ewing in Westcott, 1968; Noddings & Shore, 1984; Stocks in Westcott, 1968; Whitehead in Johnson 1983). This postulation is important to consider relative to this study as the participants have established a knowledge base and professional experience to a level such that they have been positively recognized within their profession. According to the experience / knowledge base and intuition link postulation it could be anticipated that women in this study have "set the stage" for intuitive activity. The responses of participants to the questionnaire suggest frequency of intuitive experiences, types of intuitive experiences, applicability of intuitive information to professional work, and use of intuition in professional areas varies from woman to woman. Individual reports ranged from no awareness of intuitive experiences to daily awareness

and use of intuitive knowledge in personal and professional areas. Such variability between respondents provides some support for Noddings and Shore's (1984) suggestion that having domain specific knowledge often seems to enhance intuitive activity, however familiarity with domain specific knowledge does not guarantee intuitive activity.

Relationship of Current Findings to Previous Research Findings

The relationship between findings of this study and results of previous research will be presented through discussion of each of the three major research questions.

Women's Intuitive Experiences

The first research question was: What are the perceptions held by a group of eminent Canadian women about their experiences of intuition? In general findings suggest that the women's experiences of intuition, their personal reflections on the nature of their intuitive experiences and how their experiences of intuition have changed over time vary between individual women. The majority of women reported having experienced intuition, however only 68 women reported a description of a specific intuitive experience. Descriptions of specific intuitive

experiences provided by the women covered a broad range of experiences from day-to-day hunches to mystical / spiritual experiences. This finding is similar to results of studies investigating the nature of the intuitive experience (Summers, 1976; Chinen, Spielvogel, and Farrell, 1985). Findings from earlier studies and this study suggest intuition covers a broad range of experiences and is not a unitary phenomenon.

Themes related to process, content and context emerged from the women's description of their intuitive experiences. These themes were similar to themes reported in studies conducted by Summers (1976) and Chinen, Spielvogel and Farrell (1985) although the findings of these earlier studies included additional themes not identified in this study. Summers proposed a definition of intuitive experience based on recurring themes which emerged from her analysis of written descriptions of intuitive experiences of university extension students enroled in a course on intuition. Summers' definition of intuitive experience as a "spontaneous, unexpected, intensely clear inner awareness which occurs without the aid of intellectual reasoning and is experienced as right or fitting to the person" (p. 191) could adequately define some, but not all, of the intuitive experiences women in this study

described. Chinen, Spielvogel, and Farrell reported intuitive experiences involved a three stage process of attunement, articulation, and interpretation. Themes which could be considered parallel to these stages were not evident in the data of this study. The design of the earlier studies may have solicited a greater degree of description of intuitive experiences than the present study and provided data for a greater depth of analysis of intuitive experiences. In Summers' study research participants were asked to write about an intuitive experience and were not asked further questions, whereas in this study participants were asked to answer a number of questions. Perhaps participants in Summers' study spent more time describing their intuitive experiences in depth which allowed for a different level of analysis than the present study. Chinen, Spielvogel, and Farrell interviewed participants about their intuitive experiences. Interviews provide opportunity for clarification of information provided and questioning to encourage expansion of description.

Intuitive experiences reported in this study sometimes but not always involved a sudden or immediate awareness, a shift in sensation at some level of awareness, a sense of depth or intensity (eg. a

penetrating feeling), and a compelling desire to act upon the intuitive message. Gathering information related to the content of the intuition prior to the intuitive experience was described by some women but reported less frequently than other process themes.

The content of intuitive experiences that is the type of information or knowing the women became aware of through intuition ranged from the vague to the specific to the extraordinary. Intuition most frequently provided guiding and / or directive information. Intuition providing information which guides or directs decision-making has been reported in studies of business executives (Agor, 1986a; Emery, 1992; Isenberg, 1984) and nurse practitioners (Rew, 1988b; Schraeder & Fischer, 1987; Young, 1987). In this study only a few incidents of intuition providing spiritual knowing were reported.

Information on the context of specific intuitive experiences was limited, however examples of experiencing intuition while alone, with others and / or while having a dream or just waking were reported in this study. Experiencing intuition while with another person was most frequently reported. This finding is different from Summers' (1976) finding that generally intuition was experienced while the person was alone.

Similar to the findings of Summers (1976) and Chinen, Spielvogel and Farrell (1985) the ways in which intuition entered conscious awareness of women in this study varied. Most frequently intuition was experienced through awareness of thought form / ideas, mental images, and emotional feelings. Less frequently women reported experiencing awareness of intuition through physical sensations. Least often women reported awareness of intuition through mystical / spiritual experiences. Summers' description of "internal mediums" through which individuals became aware of intuition were similar to the levels of awareness reported in this study. Chinen, Spielvogel and Farrell found participants in their study became aware of intuition most frequently through verbal insights, followed in frequency by mental images, feelings, and least frequently by physical sensations. These findings are similar to findings in the present study.

In the present study most women who discussed reliability of intuitive information reported that intuitive information was usually, almost always or always reliable. This high incidence of intuitive information being reliable has been reported in previous studies of top level business executives

(Emery, 1992) and nurses (Young, 1987). Ways in which the women in this study confirmed that intuitive information was reliable included a sense of inexplicable knowing or special recognition, having the information confirmed through other sources, knowing through past experiences that intuition is reliable, and validating information through future events. Similar ways intuitive information is confirmed have been reported in earlier studies (Emery, 1992; Rew, 1988b; Summers, 1976).

Few women noticed a change in their intuitive experiences over time. Those that did reported noticing an increase in experiences, intuition being more reliable, decrease or increase in intensity of experience, and intuition providing a broader range of information. A greater number of women commented on changes in their responses to intuition as they got older. Most frequently the women experienced an increase in positive feelings toward intuition, greater awareness of intuition, and being more willing to follow intuition. These results are similar to those of Chinen, Spielvogel and Farrell (1985) with the exception of additional themes found in the present study which were not reported in the earlier study. Themes from this study for which parallel themes were

not reported in the results of Chinen, Spielvogel and Farrell's study include a change in the intensity of intuitive experiences and intuition providing a broader range of knowledge over the years. Chinen, Spielvogel and Farrell reported a theme of intuition frequently becoming "deeper" with age, that is involving moving beyond ego-boundaries, telepathic-like experiences, and synchronistic events. A parallel theme was not evident in this study.

The women attributed several factors to their increased awareness and utilization of intuition. Factors included general life experiences, expanding one's knowledge base in a variety of areas, experiencing intuition, increasing self-awareness and self-confidence, interpersonal relations, awareness of other's intuitive experiences, encouragement from others, discussing intuition with others, spiritual and meditative exploration, and adopting a receptive attitude and open mind. Young (1987) reported five personal attributes which facilitate intuition based on her analysis of nurses' descriptive incidents of intuition. Four attributes reported by Young which are similar to factors in this study include: (a) direct patient contact - similar to interpersonal relations, (b) experience - similar to a combination of expanding

knowledge base and experiencing intuition, (c) self-confidence, (d) self-receptivity - (c) and (d) similar to increasing self-awareness / self-confidence and receptive attitude / open mind. A factor similar to the fifth attribute Young described, that is personal energy, was not found in this study.

The Role of Intuition in the Women's Lives

The second research question was: What are the perceptions held by a group of eminent Canadian women about the role intuition plays in their lives? In general the women's responses suggest that the role intuition plays in their lives varies between individual women. The frequency with which the women experienced intuition ranged from never to daily. Reports were made of seldom using or following intuition by some women, while other women reported always following their intuition. In an earlier study reported by Emery (1992) top level executives reported frequency of using intuition in decision-making. Results from Emery's study are similar to this study in that responses of top level executives varied from "seldom" or "never" to "often" to "always" using intuition in decision-making. The majority of participants in Emery's study reported "often" to "always" using intuition in decision-making. Although

the group that responded to frequency of using intuition in the present study was limited in size (n = 37) the majority reported "often" or "always" following or using intuition. Incidents were reported in the present study where women failed to follow their intuitive guidance and later regretted it. Earlier studies have also reported incidents where professionals regretted not following intuitive guidance (Agor, 1986a; Emery, 1992).

Intuition provided a variety of information to the women including information which directed or guided, descriptive information related to the present time or unspecified time, information about the future, character information, creative / novel ideas, and spiritual insight. The majority of the women reported receiving guiding or directive information related to interpersonal and personal issues. The other types of intuitive information were reported by fewer women with intuition providing spiritual insight being reported by a very small group of women.

Studies which investigated the use of intuition by professionals in a variety of fields including nursing (Agan, 1987; Benner & Tanner, 1987; Miller & Rew, 1989; Pyles & Stern, 1983; Rew, 1988a, 1990; Schraeder & Fischer, 1987; Young, 1987), business (Agor, 1986a,

1986b; Chinen, Spielvogel & Farrell, 1985; Emery, 1992; Isenberg, 1984), psychotherapy (Chinen, Spielvogel & Farrell, 1985) and elementary education (Courtney, Booth, Emerson, Kuzmich, & Sturgess, 1988) suggest that intuition is used in various ways and to varying degrees by professionals in work-related areas. The findings from the present study are similar to findings reported in earlier studies in that the majority of women who participated reported using intuition in some way in their professional work. The women reported that intuition played a role in guiding career choice, interpersonal work relationships, judging character, guiding professional decisions and actions.

The present study addressed the role of intuition in both personal and professional areas. Previous studies have not directly investigated both areas at the same time. Most women reported experiencing intuitions which related to personal and professional areas of their lives. Very few women reported a difference between frequency with which they experienced and used intuition in personal and professional areas of life.

The importance of using an integration of both intuitive and rational ways of knowing in professional work was suggested in findings reported in earlier

research (Agor, 1986a; Isenberg, 1984; Young, 1987). The comments of 40 women in the present study addressed the use of intuition in conjunction with rational thinking. The comments of these women suggest that although a balance between rational thinking and intuition may be important in decision-making how the two ways of knowing are integrated appears dependent upon individual style and the type of decision.

The majority of women in this study reported using intuition in some aspect of their decision-making. Situations where intuition played a guiding role ranged from day-to-day decisions to critical and major life decisions. Intuition was reported as playing a role at different stages of the decision-making process and was most frequently used in conjunction with rational thinking. Intuition was used as an initial guide to action, a guide in the timing of a decision or action, and as a guide in evaluating choices. Earlier studies have also reported that intuition is used at various stages of professional decision-making (Agor 1986a; Benner & Tanner, 1987; Isenberg, 1984; Rew, 1988a, 1988b; Schraeder & Fischer, 1987; Young, 1987).

Keeping intuition a secret or labelling it in a way that sounds more rational has been a common theme throughout previous research studies of professional

use of intuition (Agor, 1986a; Benner & Tanner, 1987; Chinen, Spielvogel & Farrell, 1985; Schraeder & Fischer, 1987). An exception to this theme was reported in Emery's (1992) study where it was found that top level executives did not shy away from calling intuition by its name and claiming to use it. In the present study participants varied in their willingness to share their use of intuition with others. Some women reported they would tell no one, others reported they would tell anyone. Most women who discussed whom they would be willing to tell that intuition played a role in their decision-making were not as quick to talk about their use of intuition as executives in Emery's study but were willing to tell selected people. "Selected" people included close friends and family members, individuals who showed involvement and / or acceptance of intuition, and individuals with whom the intuiter had some level of trust. Comments which addressed reasons for being reluctant to share use of intuition with others suggested perceptions that: (a) intuition is not viewed as a legitimate way of knowing by the majority of people in western society, therefore, (b) intuition needs to be disguised by using other "names" for it which make it sound closer to a

form of rational thinking, and (c) intuition needs to be justified through rational thinking.

Feelings and attitudes toward intuition have been discussed in previous studies (Belenky, Clinchy, Goldberger, & Tarule, 1986; Chinen, Spielvogel & Farrell, 1985; Emery, 1992). Most women in this study reported positive feelings / attitudes toward intuition such as trusting intuition and considering intuition important. This is similar to previous studies which have indicated predominantly positive feelings about intuition by those who experience and use intuition. Only a few women (n = 12) reported feelings or attitudes that would be considered indifferent, ambivalent or skeptical toward intuition.

Previous research has not directly addressed whether individuals are interested in developing their intuitive abilities. However, Agor's (1986a) study of top level executives asked participants if they regularly practised any techniques to help develop their intuitive ability. Results from Agor's study indicated approximately one-third of top level executives practised techniques believed to further develop intuitive ability. Approximately a third of the women in this study indicated they would like to develop their intuitive abilities further while

approximately one quarter of the women indicated they were not interested in developing their intuitive abilities. The reasons given for wanting to develop intuitive abilities further suggests the women believed intuition has some desirable quality or effect. Reasons for not wanting to develop intuitive abilities included satisfaction with the way intuition was for them, seeing no need or advantage in developing intuition, believing further development of intuition might have undesirable effects, and not having time to devote to developing intuitive abilities.

Agor (1986a) outlined a list of relaxation techniques and mental / analytical techniques top level executives reported helped develop their intuitive abilities. In the present study some women commented on things they would do to help develop their intuitive abilities including spiritual exploration and meditative practice, adopt a more receptive attitude and awareness of intuition, expand one's knowledge base, increase self-awareness and self-confidence, and expand general life experiences. Although the same terms were not used in both studies most of the techniques listed by Agor could be included under the themes which emerged from this study. Additional techniques reported in Agor's study which were not

found in the present study included physical practices for general well-being. The information from both studies suggests that intuitive development can be encouraged through a wide range of techniques which engage a person in many areas. The approach to intuitive development appears to be a holistic one.

Effect of Intuition on the Women's Lives

The third research question was: What are the perceptions held by a group of eminent Canadian women about the effect intuition has had on their lives? Just less than half of the women who participated in the study addressed this question. Their reports ranged from intuition having little to no effect to a considerable effect on individual lives. Just over one third of women in the study made comments suggesting intuition had a positive effect / influence on their lives in ways such as enhancing personal development, personal relations and professional work. In contrast a small group of women (n = 9) commented on the negative effect / influence intuition had on their lives including negative feelings, such as feeling like one is cheating, and experiencing problems in interpersonal relations.

Some of the findings on effect of intuition can be related to findings reported by Emery (1992) in her

study of top level executives. Emery reported that nearly two-thirds of the executives reported intuition had a significant impact on their career, while just less than one-third reported intuition had an occasional impact and a small group reported intuition had a negative impact on their career. In the present study just less than one-third of the women who discussed the effect intuition had on their lives made comments which indicated that intuition had a considerable effect upon their lives, while just less than three-quarters of the women indicated intuition had a positive effect on their lives. A similar finding of the two studies is the low incidence of intuition having a negative impact on some aspect of the women's lives.

Limitations of the Study

The limitations of this research investigation relate to generalizability of findings, instrument used for collecting data, and general research design.

Generalizability of Findings

The purpose of this study was to investigate the perceptions held by a group of eminent Canadian women about their intuitive experiences, the role of intuition in their lives, and the effect intuition has had on their lives. As with all qualitative research,

findings from this study are not generalizable. This may be considered a limitation from a traditional quantitative research perspective. Findings from this study relate only to women who participated in this study. Results are based on personal information which may differ from information provided by individuals who did not participate in the study. Therefore, findings are not generalizable to other individuals or groups. This should not be viewed as a weakness so much as a difference between qualitative and quantiative research design.

Research Instrument

The open-ended questionnaire was designed to obtain information about participants' self-perceptions of their intuitive experiences, the role intuition played in their lives and the effect of intuition on their lives. A definition of intuition was stated at the beginning of the questionnaire and participants were asked to use the definition when responding to the questions. Providing a definition has advantages and disadvantages. The advantages assumed at the start of the study were that the definition would provide a framework for participants to work from, the range of experiences considered "intuitive" would be manageable for analysis purposes, and participants would be

discussing their perceptions of experiences which all might recognize as intuition. The disadvantages of providing a definition were soon evident when the questionnaires were returned. The definition provided a framework which may have been too restrictive. Although most participants did not comment on the definition stated in the questionnaire, some respondents commented on not agreeing with the definition and some described experiences they perceived as intuitive experiences although they did not fit within the stated definition. The definition problem suggests that participants may have responded differently if no specific definition of intuition had been provided, or if they were given opportunity to provide a definition of what intuition was to them.

The stated definition created some problems and may have limited the extent to which some participants responded because they disagreed with the definition or felt limited by it. This problem was realized immediately upon reading through responses for the first time and set the stage for valuable learning throughout the study regarding the importance of understanding the context from which individuals present their perceptions. While immersed in the data the researcher frequently felt the limitations of a

paper-and-pencil research instrument and wished she could ask respondents about their beliefs about knowledge, reality, and changing beliefs. It has become evident to the researcher that findings from the study are limited because of a lack of understanding of the context from which each woman oriented herself conceptually.

An error in the final typing of the questionnaire was not detected until after the questionnaires were mailed. The error was in the wording of a question addressing the role intuition plays in an individual's professional life. The women were asked to describe the role intuition played in their career and in this description to consider and include "effect / influence intuition has had on your personal life". The intent was to ask the women to include "effect / influence intuition has had on your professional / career life". This error may have resulted in fewer comments being made about the effect respondents perceived intuition had on professional areas of their life, however effects on professional life were still commented on by some women.

Research Design

The research design chosen was not as suitable in addressing the research questions as anticipated at the

outset of the study. During analysis of the research data the researcher felt stuck between two research paradigms, that is qualitative and quantitative. Coding, overlapping themes, counting, recounting, and numbers not totalling as anticipated led to frustration with getting accurate numbers. Repeatedly the researcher asked herself "What is more important - the exact numbers or themes?" In retrospect, two or three individual interviews with a small group of women (ie. 5 to 10) which explored the three research questions in depth and analyzed interview data qualitatively may have provided richer information.

Future Research

Research investigation of intuition has increased in the past decade, as has public interest in the phenomenon and abilities considered forms of intuition. It appears that a cultural atmosphere is developing in which human experiences previously categorized as unimportant, coincidental, strange, abnormal, and not fitting within conventional cultural categories can be investigated with a spirit of interest, curiosity, and appreciation for the richness and range of human experience. Factors which may have contributed to this emerging atmosphere include shifting paradigms in science, quantum physics, a rise in public awareness of

the powerful resources of the mind and recognition that there is much about the planet and ourselves we do not understand. It appears that the time is ripe from both a scientific and cultural stance to further investigate intuition. A working theoretical stance of intuition as a multilevel phenomenon, covering a broad range of experiences including day-to-day hunches, sensing personal vibes, precognitions, and mystical / spiritual experiences appears to this researcher as providing flexibility, breadth and depth of conceptual consideration necessary when exploring intuition.

Several sources of information and experience have led to the formulation of areas where future investigation of intuition could increase scientific understanding of intuition. These sources include: (a) reflections on findings from this study, (b) on-going discussion with individuals from a variety of stations in life about their thoughts and experiences of intuition, (c) my personal process of investigating intuition in a formal academic manner and as an individual seeking greater understanding of her intuitive experiences. Areas suggested for future research include:

1. Investigation of the relationship between individual belief systems and: (a) experiences of

intuition, (b) the role of intuition in individual lives, and (c) the effect of intuition on individual lives is required. Three potential studies include: (a) exploration of the world view, conceptualization of knowledge and intuition of individuals who experience intuition and consider it important in their lives, (b) exploration of the world view, conceptualization of knowledge and intuition of individuals who do not consider intuition important in their lives, and (c) investigation of the relationship of findings from (a) and (b).

2. Further exploration of how intuition affects the lives of individuals who have experienced intuition and consider it to have an important effect on their lives is needed. Particular focus on how intuition has affected belief systems, perception of self and personal relationships is suggested.

3. Exploration of individual perceptions of experiences of intuition, role of intuition in one's life, and the effect of intuition on one's life of individuals from both genders, a variety of backgrounds and at different ages is needed to expand our understanding of intuition.

In Closing this Chapter

Lincoln and Guba (1990) suggest that good practice in qualitative research involves the researcher sharing the personal process encountered while conducting the investigation. The research process has been a long and challenging one. Somewhere early in the data analysis I began feeling out of touch with my intuitive nature which was frightening for me. During periods when I moved away from the analysis and writing I experienced greater awareness of my intuition. The process I have gone through to complete this project has made me confront questions about the nature of knowledge, reality, and self-trust at deeper levels than I have before.

In closing this chapter I am struck with the awareness that I am now ready to study intuition in a way which honors my own intuitive nature. The academic task is finished but the learning has barely begun.

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APPENDIX A

COVER LETTER

Appendix A

Cover Letter

Dear Eminent Woman:

The importance of intuition in creative endeavors and the decision making process of professional individuals has been documented. I would like to investigate the role intuition has played in the personal lives and careers of eminent Canadian women, the effects it has had, and whether the development and utilization of intuition is personally considered important. The valued time taken from your busy schedule to become involved in this research would contribute to the understanding of intuition in the lives of eminent Canadian women.

Reflecting upon experiences of intuition and the role it has played in one's life before responding to the questionnaire was found to be helpful to respondents in pilot studies. It is suggested that you read through the questionnaire and take time to reflect upon the open-ended questions before completing the questionnaire at a time when you are least likely to be disturbed. Thank you for your consideration.

Sincerely,

Deborah Skaret, M. Sc.
Doctoral Candidate

APPENDIX B

QUESTIONNAIRE

Appendix B

Questionnaire

(Note: More space was provided between questions in the questionnaire mailed to participants.)

Part I - Background Information

1. Age _____ 2. Number of children _____

3. Marital Status:

____ Single ____ Married, living with spouse

____ Divorced ____ Married, not living with spouse

____ Widowed ____ Unmarried, living with partner

4. Highest educational level_____
(post secondary - specify degree/diploma, number of years)

5. Present occupation _____

Length of time in this occupation _____

Part II - The Role of Intuition

Intuition has been described as a coming to direct knowing or certainty without the conscious use of reasoning. Using this definition please respond to the following questions. Feel free to attach a sheet for expanded responses.

1. Reflect upon your experiences of intuition. Describe an intuitive experience which has special significance to you.
(Include where and when the experience occurred, who was with you, and how you felt and responded to the experience.)

2. Knowing arrived at through intuition has been described as manifesting itself in a variety of ways; for example one may experience bodily sensation, emotional feelings, mental images, ideas/thought forms, mystical/spiritual experiences. Please describe with detail how you have experienced intuition coming into your conscious awareness.

3. Reflect upon your personal life and experiences of intuition (we will discuss your career in a separate question). Describe the **role intuition has played in your personal life.** In your description please consider and include: (a) how often you experience intuition, how often you follow/use it; (b) types of information received through intuition; (c) how you use intuition; (d) your feelings about intuition: to what extent you trust it, consider it important; and (e) effect/influence intuition has had on your personal life.

4. Reflect upon your career and experiences of intuition. Describe the **role intuition has played in your career.** In your description please consider and include: (a) how often you experience intuition, how often you follow/use it; (b) types of information received through intuition; (c) how you use intuition; (d) your feelings about intuition: to what extent you trust it, consider it important; and (e) effect/influence intuition has had on your personal life.

5. When you receive information through intuition how do you know it is reliable? How often is the information you receive through intuition reliable? (e.g. always, 50% of the time)

6. When intuition has played a role in your decision making whom are you willing to tell that intuition has played a role in the decision? Please elaborate.

7. Reflect upon your experiences of intuition over the years. In what ways have your experiences of intuition and your responses to these experiences changed over time? (use ages and periods of life in your description)

8. What, over your life so far, has helped you develop your awareness and utilization of intuition?

9. Would you care to further develop your intuitive abilities? Why? How?

10. If there is anything further you would like to comment on regarding your experiences with intuition please use the space below or an additional sheet.

Questionnaire Response Form

Your participation in this study is appreciated. Thank you for the time you have taken to complete the Intuition Questionnaire. If you would like to receive a copy of the summary of the research findings and/or participate further in this project, please complete the section below. If you wish to remain anonymous, please detach this form and return it separately from the completed questionnaire to:

Ms Deborah Skaret
Department of Educational Psychology
University of Alberta
Edmonton, Alberta
T6G 2G5

Name _____

Address _____

_____

Telephone _____

Please check the items which apply to you.

____ I would like to receive a summary of the research findings.

____ I would be interested in participating further in this research project on intuition. Ways in which I may be willing to participate include:

____ individual interviews(s) *

____ focus group discussion *

____ keeping a personal journal of intuitive experiences *

____ questionnaire

____ networking

____ attending a conference

* If you have indicated a willingness to participate in this project further through any of the starred items please leave this form attached to the questionnaire. Information you have provided through completion of this questionnaire, and may provide through further participation in this study will be considered confidential and used in such a way as to protect your anonymity.